

4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere!: Including the "12-Day Communication Challenge!"

To Download this book in many format Visit :

<https://wocoentala.org/source1/9bc121235ebcf5f7ff2acf89c6420b15>

+ 2019 Readers Choice Awards, First Place Winner, Advice category sponsored by TCK Publishing + 2019 International Book Awards, Award-Winning Finalist in the Parenting and Family category

What if a few simple skills could radically improve your life, marriage, and ALL your relationships?

4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere!

is an excellent

'How-To Guide'

for practicing the key skills that will help you identify and overcome communication barriers and achieve relationship success with the important people in your life--your spouse or partner, child or children, parents, siblings, friends, co-workers, customers--everyone! Plus, there are

Self-Review Questions

and

Action Items

at the end of several of the chapters.

These skills will help you to:

>>

Listen with greater empathy and understanding to what the other person is saying and feeling

>>

Avoid listening blocks to effective communication

>>

Engage in empathic dialogue to achieve mutual understanding

>>

Manage conflicts and disagreements calmly and successfully

>>

Nurture your relationships on a consistent basis

>>

Experience the power of expressing gratitude and appreciation

>>

And more...

You will also get the

12-Day Communication Challenge!

This

Action Guide

at the end of the book will help you practice a particular skill step each day thus growing in confidence and ability as you do.

The book is excellent to read and discuss as a couple, or in a book club or small group.

GET THE BOOK NOW! CLICK ON THE "ADD TO CART" BUTTON ABOVE

and start growing your skills to strengthen your marriage, family, and all your relationships!

"I thoroughly enjoyed writing this book. It was a labor of love involving a lot of thoughtful consideration for more than a year. I'd get intensely busy with it for a few days, and then back off for sometimes a few weeks, and then I'd get back at it again with renewed inspiration, fresh ideas and determination. This is how it was for a full 13 months. But my hope during the entire writing process was that the final result would be something succinct, readable, and most importantly doable that could help people grow themselves and their relationships. That was the main motivation and driving force that kept me going. I'm very happy with how it turned out and for the lives it is touching. I hope you enjoy reading this book and find these communication tools to be helpful in all aspects of your life." ~ Bento
We all want healthy relationships with the important people in our lives, and having good communication skills is essential to make that happen. Still, many people don't know these skills or how to use them. This book is really a How-To Guide where author

and marriage and relationship educator Bento Leal zeros in on the key interpersonal communication skills that create and grow lasting relationships, and they revolve around the fundamental skill of empathy, which is "feeling into" the other person, putting ourselves in the other person's shoes, seeing and feeling from their perspective. Drawing upon his many years of teaching relationship skills workshops to literally thousands of individuals and couples, Bento has distilled what he has learned into easy-to-understand skill steps including anecdotal stories that bring the skills to life. Learn and practice these skills to bring your relationships to a whole new level of intimacy, satisfaction and success both personally and professionally.

Other Books

Cinta Terlarang.

? ? ? ? ? .