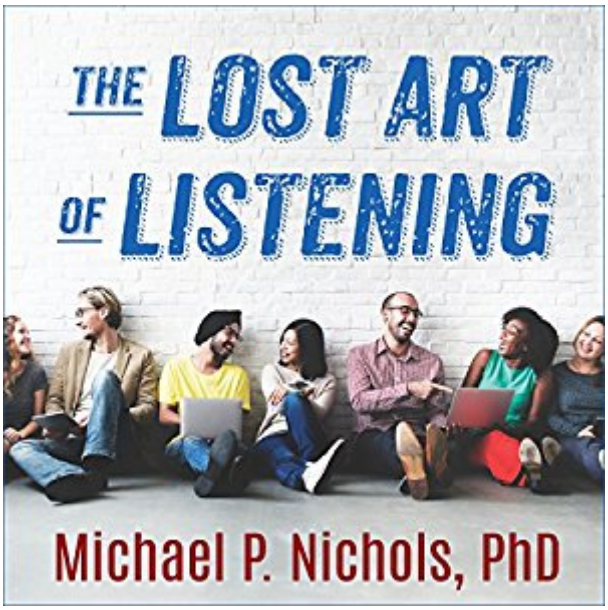
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# The Lost Art Of Listening, Second Edition: How Learning To Listen Can Improve Relationships




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## Synopsis

One person talks; the other listens. It’s so basic that we take it for granted. Unfortunately, most of us think of ourselves as better listeners than we actually are. Why do we so often fail to connect when speaking with family members, romantic partners, colleagues, or friends? How do emotional reactions get in the way of real communication? This thoughtful, witty, and empathic book has already helped over 100,000 people break through conflicts and transform their personal and professional relationships. Experienced therapist Michael P. Nichols, PhD, provides vivid examples, easy-to-learn techniques, and practical exercises for becoming a better listener and making yourself heard and understood, even in difficult situations.

## Book Information

Audible Audio Edition
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Best Sellers Rank: #20 inÃ Â Books > Religion & Spirituality > Religious Studies > Counseling #32 inÃ Â Books > Audible Audiobooks > Nonfiction > Language Arts & Disciplines #71 inÃ Â Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

all time best book on Listening. It begins with Listening theory and the psychology of why we fail to listening completely and wholeheartedly. It has practical strategies for developing one’s own listening skills. Reading it alone will improve a person’s ability to listen in a variety of settings but studying this book will not only improve one’s skills but one’s relationships. The genius of this book is that it uses antidotes to help the reader see their own listening mistakes and limitations, in a very non threatening manner, which provides a baseline for improvement for even the most accomplished listener.

As a personal mastery trainer and coach I highly recommend this book. Everyone and every

relationship can benefit from understanding and applying the knowledge professor Nichols puts forth. It’s an easy read and is very practical. I have been teaching listening skills for two decades and learned how to listen better by reading this book!

This book was so helpful. It talks about context & especially "hearing" someone versus just listening.

ÃƒÂ¢Ã â ¬Ã Å“The Lost Art of ListeningÃƒÂ¢Ã â ¬Ã Â• should probably be a desk book for any person, who ever wanted to be listened to or needed to listen to someone else. That is ÃƒÂ¢Ã â ¬Ã â œ for anyone. Listening is such a fundamental part of our everyday encounters, but it has far-reaching consequences for our relationships - and lives by helping form our attachment styles that determine our sense of self and how we communicate with others or determining how successful our friendships and romantic partnerships will be.An interesting trend among the reviewers I have noticed is that many are students, educators or counselors. I am also a communication student, so this book fit wonderfully into the existing theoretical framework that I had by also providing highly detailed, practical advice. One of the major strength of the book is that it makes material very easy to digest, despite the seeming density and looming 300 pages. Quotes, summarizing the main points, examples for the writerÃƒÂ¢Ã â ¬Ã â„¢s own life and from the lives of his patients and exercises at the end of the chapter are great for self-reflection and for practicing what you have learned.However, because the author tries to appeal to readers outside of psychology and communication disciplines, some details might seem unnecessary or sometimes a little simplistic, maybe because the author tries to avoid using unnecessary terminology ÃƒÂ¢Ã â ¬Ã â œ it is not a textbook after all. However, the intent to make it more accessible to all the readers is understandable and admirable. But if you are a scholar, sometimes it is helpful to just go ahead and name something familiar in your head, for example when the author is establishing link between communication and the overall ÃƒÂ¢Ã â ¬Ã Å“feelingÃƒÂ¢Ã â ¬Ã Â• of the relationship ÃƒÂ¢Ã â ¬Ã â œ whether it is fulfilling or not, speaking about communication climates.I found the book to flow well and make numerous effective connections to real life through situations and dialogues (or monologues, if the receiver is not listening). I think the best aspect of this book is that even though it might require mental work from the reader, it has a transformative power: to be able to listen to yourself a little better, to communicate with co-workers or family members, to take responsibility for how you handle conflicts to be heard and hear ÃƒÂ¢Ã â ¬Ã â œ beyond just having the sound waves hit your eardrums.Once again, I highly recommend this book, especially if you have some prior knowledge of psychology or interpersonal

communication: it is written in a very accessible way, flows well and provides very tangible advice.

This was a gift...feedback from recipient is 'I enjoyed reading it and learned a lot...'

The first few chapters are worthwhile. After a bit, it becomes repetitive. Still worth reading and insightful to how I listen to my wife and kids and those around me. I have definitely changed the way I participate in conversations because of the gems in this book.

Brilliant book for those who truly desire intimacy in their relationships.

This book has been a life-changer for me. You may think you are a good listener and know everything there is to know about this skill, but the concepts, the education, the plan of action put forth in this book goes way beyond the basics. It is truly an eye-opener.There is currently a program on the market which is advertised on TV and sells for hundreds of dollars, which I invested in. This book covers all the same precepts in a much easier to understand and workable format. I recommend this book to anyone and everyone who want to improve their relationships across the board.

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