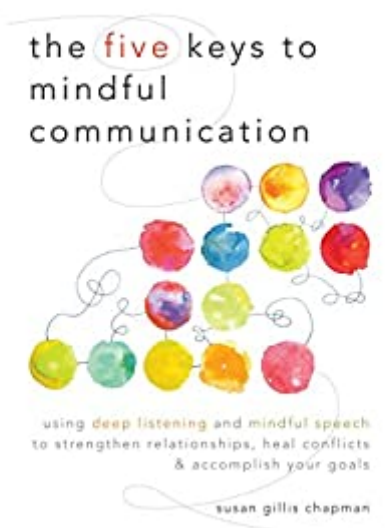


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# The Five Keys To Mindful Communication: Using Deep Listening And Mindful Speech To Strengthen Relationships, Heal Conflicts, And Accomplish Your Goals



## Synopsis

Good communication is essential to any healthy relationship, whether it's between spouses, family members, friends, or co-workers. In this book Susan Chapman, a marriage and family therapist and a longtime meditation teacher, explains how mindfulness can be brought to bear in the way we speak and listen to each other so that we can strengthen our connections and better accomplish our goals. Drawing on Buddhist principles and on her training as a psychotherapist, Chapman explains how the practice of mindfulness - learning to become fully present in the moment - makes it possible for us to listen more deeply to others and to develop greater clarity and confidence about how to respond. Chapman highlights five key elements of mindful communication: silence, mirroring, encouraging, discerning, and responding, and she dedicates a chapter of the book to each. Other topics include identifying your communication patterns and habits; uncovering the hidden fears that often sabotage communication; staying open in the midst of difficult conversations so that we can respond wisely and skillfully; and learning how mindful communication can help us to become more truthful, compassionate, and flexible in our relationships.

## Book Information

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& Eastern Religions #153 in Books > Audible Audiobooks > Nonfiction > Reference

## Customer Reviews

While there is some valuable insight hidden within this book, I didn't feel like the book did a good job at conveying the most essential points. The writing was not very concise or well-organized, so that by the end of the book I still didn't feel like I fully understood the analogy of red-yellow-green light communication that the author had used over and over again throughout the book. I finished the

book feeling like I got something out of it, but not really sure about what that something was or how to apply it to my relationships.

I read this book twice from the library then bought it. The author's approach using the green/yellow/red lights idea is easy to use and explain, then to apply it to when one has or does not have an open heart or open mind in situations works for me. She does begin with talking about mindfulness and personal awareness of when one is open and closed, a reminder that it all begins with oneself and how aware we are.

This is the most practical guide I have ever used in evaluating my communication and verbal interaction behaviors. I used it in conjunction with the author's online Shambala course, and use the skills every day.

Not very practical or easy to read, and a bit "fluffy." Has some valuable information, but could have been written much more concisely.

This book seems like it is going to be simplistic but it is really quite powerful. Ms. Chapman is an excellent writer, enlightening subtle concepts and human processes so that they are accessible and useable to improve one's self awareness when speaking and listening. Since people are different, she offers a variety of facets to get you through to a better state in your relationships, both intimate and ordinary.

This book provides good examples and is well written however it can be a bit redundant in the information it provides. It does describe some practical steps (which are wonderful) but does not provide enough practical application and ideas. Overall worth reading.

This is a wonderful book. I read four times already. Every scenario it mentioned about communication break down n how you need to be mindful of your own sensation n thoughts are so real. every time i read I may pick up another paragraphs which resonance to my daily situation. Great book I ever use for rest of life.

I find some of it very well done, but the continual "repeat" of bullet points does not work for me (what, I can't remember the main points of the last five pages)?

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