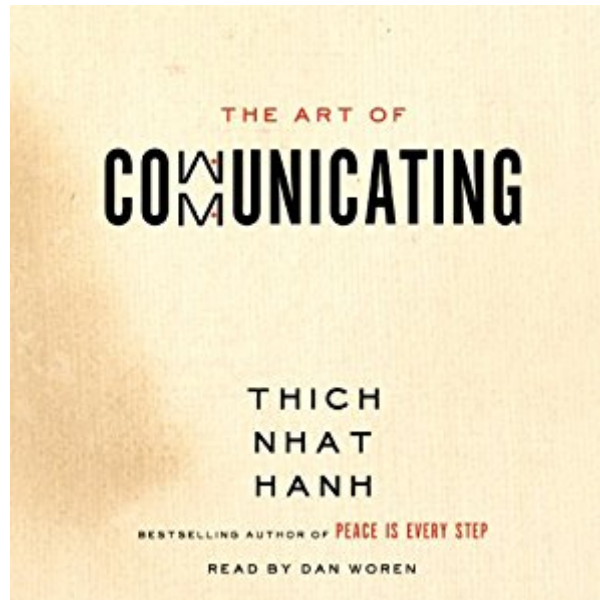




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# The Art Of Communicating



## Synopsis

Zen master Thich Nhat Hanh, best-selling author of *Peace is Every Step* and one of the most respected and celebrated religious leaders in the world, delivers a powerful path to happiness through mastering life's most important skill: How do we say what we mean in a way that the other person can really hear? How can we listen with compassion and understanding? Communication fuels the ties that bind, whether in relationships, business, or everyday interactions. Most of us, however, have never been taught the fundamental skills of communication - or how to best represent our true selves. Effective communication is as important to our well-being and happiness as the food we put into our bodies. It can be either healthy (and nourishing) or toxic (and destructive). In this precise and practical guide, Zen master and Buddhist monk Thich Nhat Hanh reveals how to listen mindfully and express your fullest and most authentic self. With examples from his work with couples, families, and international conflicts, *The Art of Communicating* helps us move beyond the perils and frustrations of misrepresentation and misunderstanding to learn the listening and speaking skills that will forever change how we experience and impact the world.

## Book Information

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## Customer Reviews

So simple in its message but so powerful if you can live it. This is a book that works as a love instruction manual.

As I write this, Thich Nhat Hanh has just experienced a major cerebral hemorrhage. Knowing this

makes me very mindful of his immeasurable gifts to humankind. This book is one of them. I will be surprised if I ever consider one of his books not worth wording, but this deserves to go to the top of your to-read list.

A quick, yet poignant read. Some simple ideas I hadn't come across in other books on communicating. My biggest takeaway was I was very surprised to read Hanh admit we need each other. I found it refreshing to hear this from a dedicated meditator and zen master.

This is a soothing and yet powerful read. Thich Nhat Hanh is truly a skilled teacher because he delivers simple words that sink into you slowly. His words subtly change your perspective. So easy to read that I didn't realize the impact this book had until I felt myself using my new tools of understanding to make changes in my communication style. Don't underestimate simplicity. He plants the seeds of happiness and shows you how to water yourself and show others.

... A book on communicating that is actually about communication and not about persuasion, validation, or some other self-centered motive disguised as communication. Connection with others begins with connection with yourself... brilliant. If zen masters held as much influence as today's politicians, the world would be a much better place.

Not a bad read, pretty basic info on communication, much of which I'm already doing. For me there was too much focus on the spiritual/ Buddhist philosophy, but this side of the book will appeal to many other people. If you'd like to learn more about how Buddhist teaching and philosophy integrates with communication, you'll find this book helpful.

This slim volume could change so many lives for the better, it is a powerful little book, to be read slowly and mindfully.

Simple to read, full of insight into how to be in this world, deals with communication with self, friends, family and work in a way that is non confrontational yet practical even if the other party won't engage. Empowering you with peace, space and love. Once again the writings of Thich Nhat Hanh are a source of nourishment to the inner core of our being. Many thanks David.

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