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The zen of listening : mindful communication in the age of ...

Shafir offers techniques based on the Zen concept of mindfulness to teach how to filter out distractions and focus on listening. Includes strategies for building relationships, stress management, and strengthening negotiating skills.

Rebecca Shafir's award-winning book, The Zen of Listening ...

? Rebecca Z. Shafir, The Zen of Listening: Mindful Communication in the Age of Distraction "The lack of self-listening is often the cause of communication breakdown.

The Zen of Listening: Mindful Communication in the Age of ...

The Zen of Listening is grounded in the Zen concept of mindfulness, a simple yet profound way of learning how to filter our distractions and be totally in the present. Rather than a list of tricks, this audiobook is an all-encompassing approach allowing you to transform your life.

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The Listening Game | Cosmic Kids Zen Den - Mindfulness for kids

The zen of listening: mindful communication in the age of distraction
User Review - Not Available - Book Verdict Shafir, chief of speech pathology at Massachusetts's Lahey Clinic with over 25 years...

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"Unlike other books on communication, The Zen of Listening lays the inner groundwork for effective listening. The Zen practice of mindfulness allows us to filter out both inner and outer distractions so that we get the whole message.

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The Zen of Listening: Mindful Communication in the Age of ...

The Zen of Listening: Mindful Communication in the Age of Distraction by Rebecca Z. Shafir. Readers will be amazed at how simply learning to focus intently on a speaker improves the relationship, increases attention span, and helps develop negotiating skills.

Amazon.com: Customer reviews: The Zen of Listening ...

The Zen of Listening is grounded in the Zen concept of mindfulness, a simple yet profound way of learning how to filter our distractions and be totally in the present. Rather than a list of tricks, this book is an all-encompassing approach allowing you to transform your life.

The Zen of Listening Quotes by Rebecca Z. Shafir

The ZEN of LISTENING; Mindful Communication. 61 Turkey Hill Rd, West Newbury, MA 01985 978 255 1817. CONTACT REBECCA. Learn more ABOUT REBECCA. Arrange MEDIA APPEARANCES or a seminar for your organization. Rebecca Shafir. I am a Speech/language pathologist, author, voice and executive function coach with over 30 years of experience. I work with ...

The Zen of Listening: Mindful Communication in the Age of ...

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As the author of The Zen of Listening so aptly states in the intro to her book, it's easy to amass a list of behaviors to become more mindful...it is another thing entirely to implement those behaviors, and another thing again to truly transform into a more mindful anything.

The Zen Of Listening Mindful

The Zen of Listening is grounded in the Zen concept of mindfulness, a simple yet profound way of learning how to filter our distractions and be totally in the present. Rather than a list of tricks, this book is an all-encompassing approach allowing you to transform your life.

Amazon.com: The Zen of Listening: Mindful Communication in ...

When mindfulness is infused into the process of communication, a listener can: process more of the message - verbal and non-verbal. sustain attention over time. make a speaker feel valued and respected. listen better to oneself. listen under stressful conditions.

The Zen of Listening: Mindful Communication in the Age of ...

As the author of The Zen of Listening so aptly states in the intro to her book, it's easy to amass a list of behaviors to become more

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mindful...it is another thing entirely to implement those behaviors, and another thing again to truly transform into a more mindful anything.

Mindful Listening - Communication Skills Training From ...

The Listening Game | Cosmic Kids Zen Den - Mindfulness for kids
Another Zen Den mindfulness video! Jaime introduces a fun game - about listening. How well can you listen to the sounds of the bells ...

Imagine yourself: Efficient, Productive and Confident ...

In her 2000 book, " The Zen of Listening ," Shafir says mindful listening helps you to: Retain information. Pause before you speak so that you can consider the effect of your words. Pay attention for longer. Boost your self-esteem.

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