



# How to Communicate: Mastering the Art of Active Listening

*Denise Van Alstine*

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## **How to Communicate: Mastering the Art of Active Listening** Denise Van Alstine

Communication skills can change your life!

Your interpersonal relationships are a big piece of those moving parts that create the life you desire.

Even if you do not have the natural talent - you can learn the art of expressing yourself by showing interest to the listener. This is why this short book was written - to help you improve your communication and interpersonal skills, to keep others from being a drain on your energies, and allow you to connect in a fulfilling way with those that matter most in your life.

“How to Communicate: Mastering the Art of Active Listening” is full of practices that the reader can implement immediately to hear and be heard.

Learn to:

- Avoid misunderstandings
- Stop being accused of not listening
- Build interest so you get your ideas heard
- Create more intimate relationships

Communication is the key to understanding yourself and others so together you can create the life you truly desire.

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Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled How to Communicate: Mastering the Art of Active Listening can be very good book to read. May be it is usually best activity to you.

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