

# The Conversation Code: How to Upgrade Your Social Skills and Your Life

- by Peart, Gregory

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“and developing themselves. They also focus on retaining ”

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“The real world demands a certain level of sociability if you desire to achieve anything of consequence ”

loc 215-216 | Friday, November 12, 2021 6:29:25 AM

“More skills = more confidence. Less skills = fear and avoidance. ”

loc 221-222 | Friday, November 12, 2021 6:30:15 AM

“Hell ”

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““Hell is meeting the person you could have been, living the life you could have had.” ”

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“People are impatient. People require stimulation. People want to see movement and feel energy. ”

loc 306-306 | Friday, November 12, 2021 7:04:49 AM

“Energy begets energy. ”

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“Poor non-verbal habits sabotage your communication. ”

loc 391-391 | Saturday, November 13, 2021 5:24:46 AM

“Quick Practice: Go on YouTube and search for a comedian or talk show

host. Watch a few of the videos with the volume muted. Study their visual communication skills only. What do you notice? Successful communicators regularly move their bodies and animate their faces. ”

loc 421-424 | Saturday, November 13, 2021 5:29:15 AM

“Record a video of yourself telling a story. Any story will do. Then record the same story again but deliberately add more movement, energy, facial expressions, and gestures. Go out of your comfort zone! Watch both versions and compare the new behaviors with your existing behaviors. What did you notice? Is one more entertaining than the other? Does the more demonstrative version look as silly as it felt while you were recording it? ”

loc 440-443 | Saturday, November 13, 2021 5:32:52 AM

“Poor non-verbal habits sabotage your communication. Expressive visual communication is a key part of your package of non-verbal skills. ”

loc 454-454 | Saturday, November 13, 2021 5:33:08 AM

“Add energy and variety to your voice Pay ”

loc 705-707 | Saturday, November 13, 2021 7:43:02 AM

“The Seven Habits: Sense, Grow, Assert, Share, Assemble, Connect, and Play Add energy and variety to your voice Pay attention to the movie you’re showing people Scripts are everywhere, start paying more attention ”

loc 703-709 | Saturday, November 13, 2021 7:43:14 AM

“The Seven Most Likeable Traits: Be Humble, Caring, Positive, Enthusiastic, Goal-Oriented, Playful, and Flexible ”

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