**Want to learn more about the ABT framework?**

I've interviewed the creator of the framework on the MindSpeaking podcast. You can find it on [YouTube](https://www.youtube.com/watch?v=qzFDLhEO28I&t=874s&ab_channel=GilbertEijkelenboom%E2%80%94MindSpeaking), but it's also available in audio on your favorite platforms like Spotify, Google, and Apple podcast.

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[﻿﻿https://youtu.be/qzFDLhEO28I](https://youtu.be/qzFDLhEO28I)

**Below is another video (4-minutes) video that summarizes the And / But / Therefore framework.**

The video is about Science Writing, but you can apply it in verbal communication too.

[﻿﻿https://youtu.be/gU\_5uinhmmU](https://youtu.be/gU_5uinhmmU)