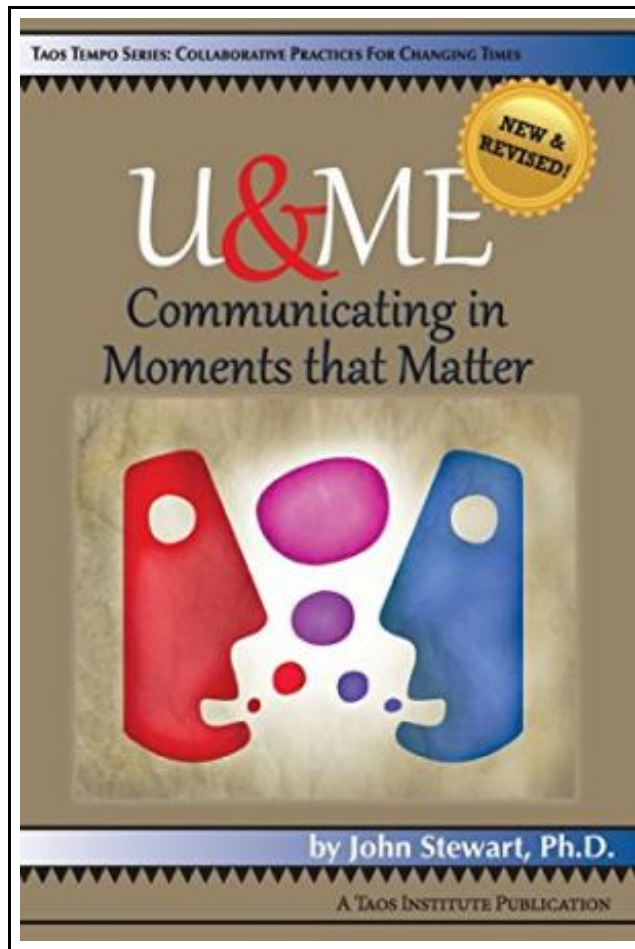


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Taos Institute Publications, United States, 2014. Paperback. Book Condition: New. 2nd. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.New and Revised! Chapter on multicultural moments that matter; Handling political differences with family or friends; Simplified approach; Updated findings from brain research. Are you as happy as you you d like to be? Feeling satisfied with your job? Getting along well with family members? Experiencing serenity, at least some of the time? Do you think your life situation is contributing to your longevity or pushing you toward an early grave? Nothing is more critical to the quality of our lives than our relationships, and nothing is more critical to our relationships than how we communicate. UME: Communicating in Moments that Matter shows how to improve the quality of your life by improving your everyday communicating. In the first 2 chapters, you ll learn the connection between effectively communicating and The Big Question, What does it mean to be human? You ll find a simple model that shows how to make your communicating as personal as possible. Then eight chapters show how to improve your texting, Skyping, meeting management, mentoring, your dating and parenting, your relationship with your spouse, your work projects, your contacts with people who identify with different cultures, and your spiritual and religious life. The concepts in UME are research-based, and the dozens of practical skills have been tested by hundreds of thousands of spouses, parents, students, managers, multiculturalists, teachers, and spiritual and religious practitioners.



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