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From iconic actor and best-selling author Alan Alda, an indispensable guide to communicating better - based on his experience with acting, improv, science, and storytelling. The beloved actor shares fascinating and powerful lessons from the science of communication and teaches listeners to improve the way they relate to others using improv games, storytelling, and their own innate mind-reading abilities. With his trademark humor and frankness, Alan Alda explains what makes the out-of-the-box techniques he developed after his years as the host of Scientific American Frontiers so effective. This book reveals what it means to be a true communicator and how we can communicate better in every aspect of our lives - with our friends, lovers, and families; with our doctors; in business settings; and beyond.

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