

The Zen Of Listening Mindful Communication In Age Distraction
Rebecca Z Shafir

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The Zen Of Listening Mindful

The Zen of Listening is grounded in the Zen concept of mindfulness, a simple yet profound way of learning how to filter our distractions and be totally in the present. Rather than a list of tricks, this book is an all-encompassing approach allowing you to transform your life.

The Zen of Listening: Mindful Communication in the Age of ...

The Zen of Listening: Mindful Communication in the Age of Distraction. Readers will be amazed at how simply learning to focus intently on a speaker improves the relationship, increases attention span, and helps develop negotiating skills. Learn the great barricades of misunderstanding, find out how to listen to ourselves,...

The Zen of Listening: Mindful Communication in the Age of ...

In The Zen of Listening, Rebecca Shafir explores how traditional mindfulness practices can help us to communicate with more clarity, depth, and meaning. Ultimately, we discover that mindful communication is a doorway to our own selves, and that our communication is enhanced when we become closer to our own basic nature.

Rebecca Shafir's award-winning book, The Zen of Listening ...

The Zen of Listening Quotes. Listening is the first step in making people feel valued. Mindful listening allows us to do more than take in people's words; it helps us better understand the how and why of their views. When understanding occurs, a sense of calm is achieved on both sides, even if no point of agreement is reached.

The Zen of Listening Quotes by Rebecca Z. Shafir

The Zen of Listening: Mindful Communication in the Age of Distraction TV, radio, traffic, telephones, pagers - our minds are bombarded daily by constant noise and clutter.

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She says that we may not be as we think the mindful thinkers. From her book the Zen of listening, I was able to learn that if we take some moments to reflect on our behavior as we listen to other people, we will realize many different obstacles to our mindful thinking. I took my own personal time to find out the obstacles to my mindful listening.

Shafir, Rebecca (2007).The Zen of listening:Mindful ...

The Zen of Listening: Mindful Communication in the Age of Distraction. Rebecca Shafir assures us we can make powerful connections and transform our lives simply by remembering how to listen. Her book is based on the Zen concept of mindfulness, which teaches how to filter out distractions and be totally in the present. More ».

The Zen of Listening: Mindful Communication in the Age of ...

Mindful Listening You are engaged in the practise of mindful listening firstly when you remain fully present whilst the other person is speaking, and secondly when you are not thinking either about what they are saying or about what you are going to say next.

Mindful Listening - zen-tools.net

Instead, mindful listening can help you to become aware of distractions so you can refocus and listen consciously. In her 2000 book, "The Zen of Listening," Shafir says mindful listening helps you to: Retain information. Pause before you speak so that you can consider the effect of your words. Pay attention for longer. Boost your self-esteem.

Mindful Listening - Communication Skills Training From ...

Get this from a library! The zen of listening : mindful communication in the age of distraction. [Rebecca Z Shafir] -- "Poor listening is a factor in many tragedies -- high suicide rates, family breakups, school violence, and substance abuse. Also tragic is the student who suffers from poor concentration, ...

The zen of listening : mindful communication in the age of ...

The Zen of Listening: Why Mindful Listening Makes a Difference. One of the main reasons we listen poorly is because our internal noise levels are so turbulent and obtrusive that they mask most of what others are saying. Only bits and pieces of their message survive the barrage of our mental interference.

The Zen of Listening: Why Mindful Listening Makes a Difference

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The Zen of Listening : Mindful Communication in the Age of ...

In The Zen of Listening, Rebecca Shafir explores how traditional mindfulness practices can help us to communicate with more clarity, depth, and meaning. Ultimately, we discover that mindful communication is a doorway to our own selves, and that our communication is enhanced when we become closer to our own basic nature.

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