



The Art of Active Listening: How to Double Your Communication Skills in 30 Days

Josh Gibson, Fynn Walker

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How many times have you been introduced to a person only to forget their name thirty seconds later? If this sounds familiar to you and you always wanted to improve your active listening skills, then you have found the right book.

In this practical guide you will learn how to double your communication skills in 30 days or less and how to make active listening a part of your life. This is possible with the help of a 4-step process in which you learn everything you need to know about active listening. The whole guide is action-oriented and shows you how to get the most out of it so that you see your desired results as fast as possible.

This book lends you a helping hand while going through the information in a logical order and being straight to the point without unnecessary wordiness.

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Why Active Listening Is So Important In Today's World

"Speaking is one person reaching out, and listening is another person accepting and taking hold. Together, they form communication, and this is the basis of all human relationships."

As we are social human beings, communication is the key to interaction with others and thereby a very important skill for your success in every part of your life, be it your career, your relationships or making new friends.

Did you know that you properly hear only around 25% to 50% of what is said to you? You could therefore miss important details in your daily conversations. Only when you start to actively listen will you realize how much you didn't hear beforehand.

The quality of your conversations will rise rapidly, and you will have deeper and more fulfilling relationships and friendships with a much higher level of communication. Master the art of active listening and you reduce the chance of misunderstandings, help to solve problems and can take advantage of opportunities you previously missed.

What You Are Going to Learn In This Book

- Why It Is So Important to Actively Listen
- The 7 Barriers That Prevent You From Becoming an Active Listener and How to Break Them Down
- The 4 Components of Active Listening You Absolutely Need to Develop
- 15 Tips to Dramatically Improve Your Active Listening Skills
- A Simple Step by Step Process on How to Double Your Communication Skills in 30 Days or Less
- How to Deal With What You Hear (aka Reflective Listening)

- And much more...

You will find a useful summary at the end of the book to review the most important information whenever you want to.

If you always wanted to improve your communication skills easily and quickly and also enjoy the various benefits that come with good communication, then you will love "The Art of Active Listening".

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