



# How to Communicate: Mastering the Art of Active Listening

*Denise Van Alstine*

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## **How to Communicate: Mastering the Art of Active Listening** Denise Van Alstine

Communication skills can change your life!

Your interpersonal relationships are a big piece of those moving parts that create the life you desire.

Even if you do not have the natural talent - you can learn the art of expressing yourself by showing interest to the listener. This is why this short book was written - to help you improve your communication and interpersonal skills, to keep others from being a drain on your energies, and allow you to connect in a fulfilling way with those that matter most in your life.

“How to Communicate: Mastering the Art of Active Listening” is full of practices that the reader can implement immediately to hear and be heard.

Learn to:

- Avoid misunderstandings
- Stop being accused of not listening
- Build interest so you get your ideas heard
- Create more intimate relationships

Communication is the key to understanding yourself and others so together you can create the life you truly desire.

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better life on this era. So now let us teach you the relaxing pattern this is your body and mind will probably be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

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