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learning to focus intently
on a speaker improves the
relationship, increases
attention span, and helps
develop negotiating skills.

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into the process of
communication, a listener

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message - verbal and non-
verbal. sustain attention
over time. make a speaker
feel valued and respected.
listen better to oneself.
listen under stressful
conditions.

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Review - Not Available -

Book Verdict Shafir, chief
of speech pathology at
Massachusetts's Lahey Clinic
with over 25 years...

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Imagine yourself: Efficient,
Productive and Confident ...

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

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effect of your words. Pay
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