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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.

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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: Why Mindful Listening Makes a Difference

Clear, well-written, and thoughtful, The Zen of Listening does more than just address the importance of listening; it teaches us how to listen by providing practical direction and useful suggestions. In an age of distraction, bias and rampant disrespect, mindful listening can enhance our personal and professional relationships and return us to full, active, and conscious participation

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in our own lives.

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

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CBODN - CBODN 'The Zen of Listening: Mindful Communication ...

In my experience, mindful listening is active listening and it is a powerful mindfulness practise that benefits both the person speaking and the person listening. The speaker feels listened to and knows that they have been listened to, and the listener gains far deeper insight into what the speaker really means.

Mindful Listening - How To Listen Beyond The Spoken Words

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. Shafir and Scott also suggest mindful listening can potentially have physical and psychological benefits.

Mindful Listening - Communication Skills Training From ...

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take in peoples words; it helps us better understand the how and why of their views.”. — Rebecca Z. Shafir, *The Zen of Listening: Mindful Communication in the Age of Distraction*. 0 likes.

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As the author of *The Zen of Listening* so aptly states in the intro to her book, it's easy to amass a list of behaviors to become more mindful...it is another thing entirely to implement those behaviors, and another thing again to truly transform into a more mindful anything. *The Zen of Listening* is not a bag of cheap tricks or trite, quick-fix tips; it is a guidebook for the journey of introspection and transformation necessary to quiet our internal voices enough to become better listeners.

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The zen of listening: mindful communication in the age of distraction User Review - Not Available - Book Verdict Shafir, chief of speech pathology at Massachusetts's Lahey Clinic with over 25 years...

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