

Download The Zen Of Listening Mindful Communication In The Age Of Distraction

The Zen of Listening: Mindful Communication in the Age of Distraction [Rebecca Z Shafir MA CCC] on Amazon.com. *FREE* shipping on qualifying offers. TV, radio, traffic, telephones, pagers - our minds are bombarded daily by constant noise and clutter. No wonder so many people find it increasingly difficult to listen and comprehend. Simple pieces of information such as names go in one ear and ...The Zen of Listening: Mindful Communication in the Age of Distraction 3.82 · Rating details · 277 Ratings · 36 Reviews. 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. 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 of clinical experience helping patients learn to speak, has written a real "heads-up" book for this age of ...Rebecca Shafir's award-winning book, The Zen of Listening: Mindful Communication in the Age of Distraction gives readers simple, authentic and reliable ways to connect more efficiently with people and information.