

SECOND EDITION

"What is true listening and why, the author asks, has it become a near-rarity in modern life? Hence, true life examples and simple exercises make this a practical and even entertaining self-help guide."—*Publishers Weekly*

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# THE LOST ART OF LISTENING



How Learning to  
Listen Can Improve  
Relationships

Michael P. Nichols, PhD

Michael P. Nichols

# The Lost Art of Listening, Second Edition: How Learning to Listen Can Improve Relationships



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s so basic that we take it for granted. the various other listens. It'One person talks; Unfortunately, many of us think about ourselves as better listeners than we actually are. Why do we frequently neglect to connect when talking to family, romantic partners, colleagues, or friends? Experienced therapist Mike Nichols provides vivid examples, easy-to-learn techniques, and practical exercises for learning to be a better listener--and producing yourself heard and comprehended, even in difficult circumstances. This thoughtful, witty, and empathic book has recently helped over 125,000 readers break through conflicts and transform their personal and professional romantic relationships. How do emotional reactions get in the way of real communication?



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This Book CHANGES Your Life This book Changes your daily life and the lives of everybody you touch. I LOVE THIS Reserve ! Everyone playing the part of spouse, parent, kid, teacher, employer, or friend should go through this reserve and put its sensible concepts into practice! Great work. It really is so easy to get fault with everyone else in your daily life regarding ability to listen, but I came across this book to be invaluable when put on MYSELF, and i've always considered myself an excellent listener ! This could be a relationship saver ! It's a straightforward read and is quite practical. The Lost Artwork of Listening. The Shed Art of Listening Will Show You the significance of Listening Are you a bad listener? Cause I am. That is about every scenario imaginable. It generally does not seem totally necessary to get the point across. referring to a book from the 90s) it really doesn't matter as the ideas are so very powerful and timeless. loved the audiobook therefore insightful. Technology is normally ruining us. While this reserve offers helped me, I likewise have a few criticisms I have to share. After reading through the other reviews for this book, I am surprised by just how many thought the examples were therefore clear. While I can concur to some extent, I thought the examples had been sudden and unexpected. In one paragraph he would be talking about an important factor in listening, and in the next you find yourself in the center of an example without direction or forewarning. We highly recommend this volume, indeed cannot recommend it extremely enough, and go back to it whenever I feel myself slipping - especially with my partner. Nichols was trying to get across to my life. As a current student majoring in Communication, I've learned a thing or two about conversation styles and why people react differently to certain words or phrases than others. One of these reasons is "result in words," which are terms that incite a confident or negative reaction in someone. I have learned that certain of my negative result in words is that phrase people tend to call ladies which also happens to be another name for a female dog. I do not really appreciate Dr. Nichols using this word therefore frequently, even for illustrations sake. Although it might not be a cure-all, it has helped me to be more aware of my thoughts while somebody is speaking to me. The best book on listening Basically the best book I have ever go through in my life - I think I was susceptible to what it had to say, yet I feel a lot of people are as well. how women are supposed to listen; males give advice, ladies sympathize, etc. He ensured to state how important it is to pay attention without these pre-supposed concepts in mind and he asked the proper queries, and for that I want to say a big Thank You! The main element is listening - an amazingly difficult skill to develop it turns out. ESSENTIAL Go through for anyone who wants to improve their relationships with others. I paid attention to it on Audible.com, that was ideal, as the audio version is well narrated and will truly "sink in" a lot more than text may. It covers a lot more than what one would expect from a "hearing" self-help book. It is not just about "active listening" with playback to the loudspeaker every few minutes. It is about deep hearing and truly "getting" what another person needs. I first purchased the audio version, that was very well done. A GOOD Choice To Understanding Hearing and the Improve Listening Skills This is a very good book. It is geared to the lay person possesses some interesting self-lab tests and hearing excercises. It has proven useful on a personal level to boost understanding and communications between intimates. I am a Dr and also have practiced for twenty years . Or, at least I was before reading this book. A good choice because of this topic. I got the old print edition (and treasured it) and decided to re-purchase it for my kindle to take on vacation. This section gives such a great philosophical overview (the author would hate that reference) and puts you on view state to look critically at yourself and make some very nice changes. I will purchase copies for my lately married children. But it deals with hearing generally and can be

applied in any situation in which listening is necessary... We am a Dr and also have practiced for 20 years, I have put concepts into practice immediately, already seeing the positive fruit of change A Classic I actually am really not the self-help type, but that is probably one of the best books ever on how best to talk to others - be it your partner, kids, parents, friends, co-employees - simply everyone. General, The Lost Art of Listening is an honest book that has helped me observe how I listen, why I listen just how I do, and how I could improve the way We listen for future interactions. A must browse for all those in relationships Browse the Epilogue first then again by the end. I was surprised and delighted to find that it turned out updated and while some of the text is still the same and a smidgen is currently a little bit dated (i.e. Instead of normally wandering from one thought to another, I right now make a conscious effort to truly listen, which Dr. Plus they possess added exercises which are simple, but surprisingly difficult because it turns out that listening, actually listening is so very difficult.. Nevertheless, once I re-oriented myself and read through the example, I found it to be useful in applying this is of what Dr. It turns out people just want to be noticed and while it generally does not solve everything, it is a helluva start. As a personal mastery trainer and coach I recommend this book As a personal mastery trainer and coach I highly recommend this book. Now it's time to place all that understanding into practice :) not sure I like the reader's voice Very informative, uncertain I like the reader's tone of voice. APPLY everything you read, PRACTICE what is suggested, and life can get better ! I have already been teaching listening skills for two decades and learned how exactly to listen better by reading this book! Might have been much shorter The book is too long. I believe the world will be a better place if everyone required time and energy to read this publication. The reason one would read this book would be to learn about listening to others, so the other areas (e.g the very long section about why hearing is essential) feel unnecessarily long. Valuable for all your relationships. This book has great techniques that can be used in the office and in our personal lives. I will approach my relationships in a different way from now on. Despite these criticisms, there have been a few points in his book I really valued him adding, for example, his few webpages on the differences between how society thinks men are likely to listen vs. Therefore well done that i had to obtain the print version in order that I can highlight and really research it. Five Stars Great book a must read that is soooo good! Nichols brings to light in his book; Everyone and every romantic relationship can reap the benefits of understanding and applying the data professor Nichols places forth.. Yet it works - whenever I am mindful and really try to listen, the response is nearly miraculous. So much wisdom in this book! Great book! It could have been very much shorter. Easy read, seriously helps improve relationships- also if just one person reads it.



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