



## The Wisdom of Listening

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The benefits of practicing true listening are very real. Through refining our listening skills, we not only understand just what to say; we also understand when not to say anything at all. We become more open, present, and responsive. In turn, we renew the sense of peace within ourselves.

And the effects on our romantic, family, and professional relationships are undeniable.

In *The Wisdom of Listening*, award-winning author, teacher, and trainer Dr. Mark Brady and contributors that include Ram Dass and A.H. Almaas, help us to develop the "listening warrior" inside us all. Inspiring and easy to follow, the lessons here can transform the ways that we interact with others, whether in a large meeting or in a face-to-face encounter.

Listening is almost a lost art: some of us may have forgotten how to do it; some of us may have never quite learned. *The Wisdom of Listening* gives readers the skills to overcome our culture's tendency towards distraction and reaction, and to be more fully in the world.

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