



Action Based Communication: Changing Experience Through Language

By Renee Barnow

AuthorHouse. Paperback. Book Condition: New. Paperback. 260 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. If you want to increase the effectiveness of your professional and personal interactions, take a different action. Choose different words. This book demonstrates how you can consciously improve the outcomes of your conversations and experiences simply by paying attention to the effects of language and mindfully selecting words that connect-not disrupt. What differentiates Action Based Communication (TM)-ABC from other work on communication is how it compares word usage to physical exercise. The difference is experienced through exploring the physical aspects of speaking and hearing. ABC reveals key word substitutions that support making connections, first with yourself and then with others. The book offers examples of how the choices you make in short phrases and even single words can make a significant difference in the way we relate to one another. Without this knowledge and awareness, our word choices can result in disruption-a break in communication-rather than the connections we seek. The book describes methods in a simple accessible way and engages readers in exercises to develop new word choice habits and provides a log for monitoring progress and measuring results across three levels of communication: internal dialogue, written or spoken dialogue, and body language. ABC is useful in many circumstances: professional transitions, difficult work situations,...



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