



Are You Really Listening?: Keys to Successful Communication

Mary E. Siegel, Paul J. Donoghue

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Listening is an essential skill worth every effort to learn and to master. Listening takes us out of our tendency toward self-absorption and self-protection. It opens us to the world around us and to the persons who matter most to us. When we listen, we learn, we grow, and we are nourished.

Why do we often feel cut off when speaking to the people closest to us? What is it that keeps so many of us from really listening? Practicing psychotherapists, Donoghue and Siegel answer these questions and more in this thoughtful, witty, and helpful look at the reasons why people don't listen. Filled with vivid examples that clearly demonstrate easy-to-learn listening techniques, *Are You Really Listening?* is a guide to the secrets and joys of listening and being listened to.

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