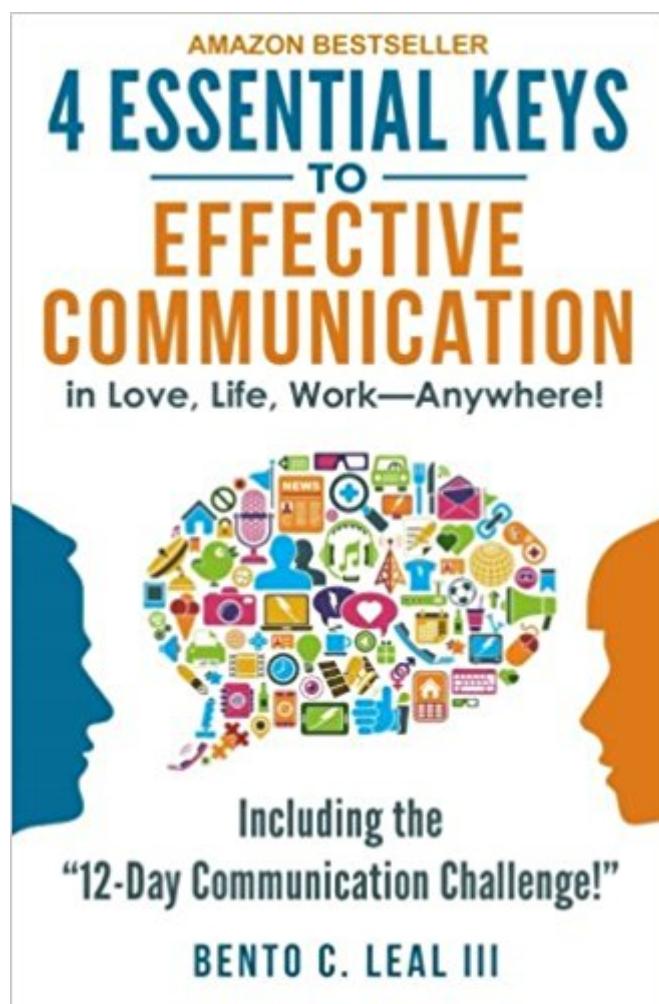


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# 4 Essential Keys To Effective Communication In Love, Life, Work--Anywhere!: Including The "12-Day Communication Challenge!"



## **Synopsis**

SPECIAL 2-FOR-1 DEAL: Buy the Paperback and download the Kindle version for FREE! Would you like to master your communication skills to enrich all your relationships? Here's how... 4 Essential Keys to Effective Communication in Love, Life, Work--Anywhere! is an excellent 'How-To Guide' for practicing the key skills that will help you identify and overcome communication barriers and achieve relationship success with the important people in your life--your spouse or partner, child or children, parent, siblings, friends, co-workers, customers--everyone! Plus, there are Review Questions and Action Items at the end of several of the chapters. In this book you will learn: Empathic awareness and empathic listening skills Listening blocks to effective communication Empathic dialogue skills to achieve mutual understanding Effective conflict management and problem-solving when there's a disagreement How to nurture your relationships on a consistent basis The power of expressing gratitude and appreciation And more... You will also get the 12-Day Communication Challenge! This Action Guide at the end of the book will help you practice a particular skill step each day thus growing in confidence and ability as you do. If you want to help improve your marriage or relationship through communication skills, get this book! Go to the top right of this page and CLICK ON THE "ADD TO CART" BUTTON ABOVE and start growing your skills to strengthen your marriage, family, and all your relationships!

## **Book Information**

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## **Customer Reviews**

Bento has been fascinated by human relationships for decades, and nothing gets him more inspired than when he sees people experience breakthroughs in their personal lives and with the people

they love and care about. Since 2005, Bento has taught communication and relationship skills as an authorized instructor of several curricula for a statewide non-profit organization in California. He has taught thousands of couples and singles in classroom-type settings in various venues throughout the state, including faith-based organizations, family resource centers, county jails, and federal prison. âœlâ™m always thrilled when class participants have the big âœahaâ™ moments when they realize the way they listen to others could be greatly improved, or how argumentative or judgmental their communication style has been, and then learn and practice the skills to transform themselves and the way they communicate,â • he says, âœThat really inspires me. And then they come back later and tell me their lives have changed for the better. Nothing makes me happier. That fuels my passion and gives me the power and energy to keep doing this important work.â • Along the way, Bento has developed his own communication and relationship skills workshop - Enrich Your Relationships - and he has followed this up with an illuminating book titled 4 Essential Keys to Effective Communication in Love, Life, Workâ "Anywhere! âœWhat I wanted to do with this book was trim down what I have learned to what I believe are the core essentials, the key skills every person can use to bolster themselves and their relationshipsâ "their marriage, their relationship with their child, with co-workers, with anyone.â • When he isnâ™t writing and teaching, Bento likes nothing more than enjoying time with his family and the stunning California surroundings. You can contact Bento and see what he is doing now through his website at [www.bentoleal.com](http://www.bentoleal.com).

Two thumbs up! My wife and I attended several of Bento's communication skills seminars and each time found new insights into this much needed topic. He is not just an academic explaining his research but has embraced the very skills he is teaching and communicates them effectively. His ability to distill complex ideas into easily understandable lessons and activities has been a key to his success in this field. Many of us through the years have encouraged Bento to write a book and as always with Bento, his "4 Essential Keys" has not disappointed. Not only has he systematized many concepts from his past seminars but he has added new dimensions as well, all in his easy to read and digest format. Finally, I have a book on communication skills that I can recommend to my friends in diverse fields that is broad in its approach and that anyone can use!

This book is a critical addition to the library of anyone who has relationships (hint: all of us). If there is one thing that undermines all of our relationships, it is poor or lack of communication. I recently just completed a week long retreat on this exact topic, so I was pleasantly surprised at the completeness of the ideas in the book. The book starts essentially by addressing one's self, which

is critical and convinced me the book was well worth the time. The chapter on "Listening Blocks" alone is worth the price. Simple tools like using the 3 A's make it easy to apply the ideas in this book. The book ends with a 12 day challenge that is sure to change your life. Highly Recommended.

I found this book to be very readable and, unlike many books on communication skills, it is born out of real life experience in teaching thousands of couples. It is not a bunch of theoretical concepts but is practical and applicable immediately. A good read, and I highly recommend it to anyone who wants to improve their relationships.

An amazing *How To* guide to effectively communicate with anyone by listening with empathy. It shows how to be less judgmental in your listening and how to better understand the person to whom you are speaking. The author has had plenty of experience working with couples and singles in counseling atmospheres and it shows it in his writing. A must read to help with your communication skills.

Great introduction to one of the most important interpersonal skills: empathy. This is a well-written book with lots of examples that show the author's experience in this area--he comes off knowledgeable without being intimidating. The best thing is that there are clear and actionable tips to help you get started right away.

I read this book in one sitting. It's very well organized and is perfect for skimming, deep study, or easy review. Practical and straightforward, it is an instant desk-side companion for growing into the spouse, parent, co-worker, and friend you want to be and others need you to be.

Bento Leal delivers a wonderful first hand account and perspective on effective communication. This book is an excellent resource that is truly inspired and inspiring. Bento is a proven facilitator and his writing is credible, as I've witnessed his implementation of these topics. When I started learning these skills to help others, the first person that I helped was myself. I need a Spanish version now. Please join me and add this priceless piece not only to your library, but also to your lifestyle!

4 Essential Keys to Effective Communication is a book about the practical application of good solid communication skills that anyone can benefit from. The author, Bento Leal has added a great new

insight into the art and science of communication skills, that of having empathy for the other person you are communicating with. Bento starts with how to develop empathic awareness and goes on to teach empathic listening, speaking and conversation skills. IMHO, it fills in the missing areas of other communication courses I have taken in the past and it helped me gain a new perspective on couples communication. I would recommend the book to anyone who wants to better understand others as well as be better understood yourself.

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