

If you want to be understood you have to be able to listen



Andrea Wiedel
Listening Is a Gift
[Zuhören ist ein Geschenk]
Boosting relationships by
showing respect and empathy

Kösel Sach-/Fachbuch
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After graduating in law, **Andrea Wiedel** worked as a lawyer and is now active as a communication trainer and coach. She supervises and supports companies as well as private individuals, her focus being the ability to empathise, personality development, conflict management, and violence-free communication.
<http://coaching-akademie.blog>

An open ear, understanding, and unbiased attention are what many of us wish for. But are we also able to listen properly? This book is a clear and down-to-earth introduction to learn the art of sensitive listening – step by step. Practical exercises help us reflect on our own speaking habits, and suggestions for more empathy in everyday communication are an encouragement to try out new strategies in dialogues and conversations. Over and above that, communication trainer Andrea Wiedel provides easy-to-understand professional background information on communication theories.

- A user manual for proper listening
- Violence-free communication by means of active listening
- Workbook with practical exercises, tips, and space for personal notes