



# **Loving Listening: Interpreting The Language Of The Heart: Mind Reading: Our Unspoken Expectations (Volume 1)**

*Lisa Testart, Pierre Testart*

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There are plenty of books on how to save relationships, how to be better parents, or just about any “how to” situation you can think of. The self-help section of any bookstore is overflowing with innumerable volumes dedicated to helping us manage our lives better. Listening, however, in a way that is loving and respectful, isn’t so well documented. We can find plenty of help for the big picture relationship stuff – the affairs, the toxic dynamics, the conflict management and so on – but little attention is paid to the day-to-day issues, the small interactions that are like paper cuts to a relationship, whether it is intimate, familial or work-based. This book explores what the conditions are within us that allow us to be a “non-loving” listener, and how we can change our lives in real and meaningful ways with simple, yet practical, tools and exercises. This book has been written for you, the reader. It is comprehensive, accessible and relatable, with down to earth, common sense discussions about the real world we live in today; a world of distractions and barriers to effective listening that are bombarding us from all directions. This is the first in our “Loving” series of books that will explore the emotions behind the things we do.

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