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I Hear You: The Surprisingly Simple Skill Behind Extraordinary Relationships

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I HEAR YOU

THE SURPRISINGLY
SIMPLE SKILL BEHIND
EXTRAORDINARY
RELATIONSHIPS



Synopsis

What if making one tweak to your day-to-day conversations could immediately improve every relationship in your life? In this 3-hour, conversational read, you'll discover the whats, whys, and hows of one of the most valuable (yet surprisingly little-known) communication skills • validation. Whether you're looking to improve your relationship with your spouse, navigate difficult conversations at work, or connect on a deeper level with friends and family, this book delivers simple, practical, proven techniques for improving any relationship in your life. Mastery of this simple skill will enable you to:

- Calm (and sometimes even eliminate) the concerns, fears, and uncertainties of others
- Increase feelings of love, respect, and appreciation in your romantic relationships
- Quickly resolve, or even prevent, arguments
- Help others become open to your point of view
- Give advice and feedback that sticks
- Provide support and encouragement to others, even when you don't know how to "fix" the problem
- And much more!

In short: this skill is powerful. Give the principles and practices in this book a chance and you'll be amazed at the difference they can make.

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Customer Reviews

I loved this book because it gave me a simple skill to start applying immediately! My husband and I were getting close to "argument status" about something one night after I had just finished reading Part 1. I remembered about 5 minutes in what I had read, changed tactics in the conversation to follow what I had learned, and the immediate turn-around was astounding. We were able to completely side-step a major point of contention. Practicing this new skill isn't time consuming or hard to keep track of--you just do it in your day to day life. I found myself catching so many little habits in communication I didn't even know I had. Already I feel like I'm able to better build up others in communication and understand them better. This is a quick read and I highly recommend it! I don't think you can go wrong.

I hear you is Legit! This book has helped me at work, with my wife, and siblings. It is a quick read and you can instantly begin applying the advice. I had heard that validation important in relationships, this book helped me to use the concept of validation to strengthen my relationship. The world would be a better place if everyone read and practiced the concepts taught in I hear you. Mr. Sorensen breaks down these concepts in a way that a child could understand. Wonderful book. I recommend it to anyone and everyone.

A lot of the steps I already use. Maybe because girls learn to do this from a young age? I did learn some new things too like , "every conversation we have with someone has at least one request for validation in it." That shocked me and expanded my perspective of my interactions with others. They were other good tidbits in here that I can work on. Overall a Great book that I will be buying copies of for family and friends!!!

For me, this book made sense from the start! I could relate in many ways to the stories brought to light and this simple knowledge may have helped in most if not all of the situations in my own life. It was an easy read but very useful information. Good every day advice! I appreciate self help/self improvement books and this book fit that bill so to speak. Thank you!!!

This is such an easy and enjoyable read! I have started applying the things I've learned and I have already noticed a difference in my relationships AND with how I feel about myself. It's been

amazing.

This was a lovely quick read, and I would highly recommend it. It only took me two days of light reading to finish as the book is refreshingly short. Having studied psychology and being more than a little bit obsessed with all things related to therapy, I have seen this skill practiced in the most effective therapists. On my normal day-to-day interactions with people I'm not so much. So take a moment to think about the people that you love being around the most. Why do you love being around them? Obviously they're awesome. Part of that awesomeness though is derived from the both of you being able to feel heard and cared for by one another. The best and quickest way to achieve that mutual form of love and understanding is through validation. Michael Sorenson uses charming stories to illustrate the overwhelming benefits and concise steps to create a practical approach that you can use in your everyday interactions. After having read it I've found myself trying to be more cognizant of times when I have the opportunity to validate a friend or a family member. While it has only been a week, it has certainly been helpful. The best part is that it is incredibly simple too. Quite a bit of the research utilized in the book is from John Gottman who is world-renowned for his research on relationships and what makes them work. If you are looking for books to read in an effort to improve your interpersonal relationships, whether it's work, dating, marriage, etc., I would say there are 3 main books/authors to turn to. I Hear You- by Michael Sorenson, Hold Me Tight- by Sue Johnson (leading researcher/developer of EFT), and The Seven Principles for Making Marriage Work- by John Gottman. Combining the information of all three books will really provide the best tools for you to use in your relationships and give you the best results. There are only two things that I would complain about. 1) I would have loved to see references listed on the back so I could look into some of the studies that were mentioned in greater depth. This isn't a problem for the average reader, just for people like me who want to dig into the research that was listed. 2) I would have loved more of the author's insight on self-validation, but maybe we can save that for another book. ;-) Please enjoy this wonderful book and all the insight it provides. You really will see an improvement once you implement it in your life. Happy reading!

Even for someone familiar with these ideas, reading this book was extremely valuable. I got more out of it than expected. The author did a fantastic job of selecting personal stories and sharing research that brought me from "I understand the concept" to "I understand the impact on my relationships and I'm motivated to change." I especially appreciated the thought that you can be a

wonderful, attentive listener and a terrible empathizer at the same time. I'm guilty of that. I've been really surprised how often this book has come to mind since I read it 3 weeks ago. Almost daily, it's helped me navigate drama at work and it's improving my relationship with my boyfriend. I'm really glad I read it. THANK YOU for keeping the book short. It was an easy read. Took closer to 90 minutes to finish.

I wish everyone would read this book! As someone who does not usually find casual reading enjoyable, I found myself looking forward to free time spent reading *I Hear You*. This was primarily because of the benefit I was getting from it. After having read the first chapter, I noticed how little validation is used by society as a whole. People crave validation, but I didn't quite understand how to give it. As I continued to read and learn how to validate, I saw marked improvement in my interactions with family, friends, and colleagues. Contention was diffused, hurt feelings were healed, and offering congratulations didn't feel trivial. This is an easy book to read, and will help anyone who wants to help those around them feel heard.

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