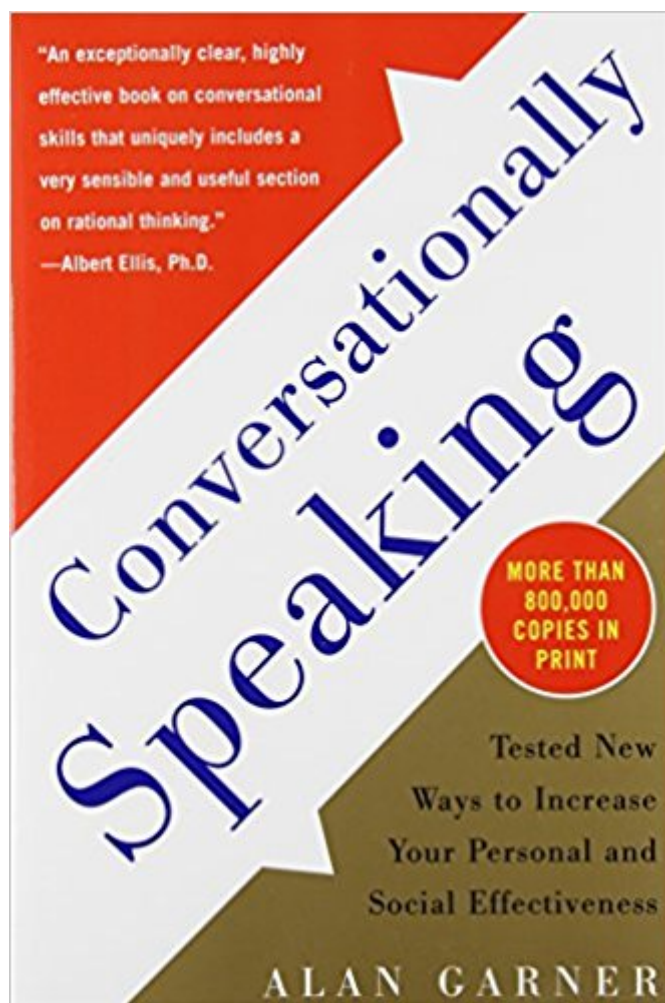


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# Conversationally Speaking: Tested New Ways To Increase Your Personal And Social Effectiveness



## Synopsis

More than a million people have learned the secrets of effective conversation using *Conversationally Speaking*. This revised edition provides more ways to improve conversational skills by asking questions that promote conversation, learning how to listen so that others will be encouraged to talk, reducing anxiety in social situations and more.

## Book Information

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## Customer Reviews

Alan Garner has taught hundreds of *Conversationally Speaking* workshops. He is the coauthor of *Lifeskills for Adult Children*.

As someone who is not an efficient communicator, I am slowly learning through this book. It is truly amazing because it is so succinct in its descriptions of techniques. It has helped me become a better conversationalist, and has helped me connect deeper with my closest friends. This guy is a genius, and pretty funny. If you're the type that would need a book about conversations, this is the only one you will need, and I'm not joking.

My son was painfully shy and had difficulty making friends. Shortly after high school, he was at wits end afraid he would never learn the right skills to have a full life. I bought this particular book because of the reviews. This book became his life manual. Now he not only has many friends but also has gained the ability to manage other people at work. My only regret is not finding this book while he was in high school. He is now a confident well liked young man.

Great book full of immediately useful, measurable, and concrete techniques. You will get noticeable results.

I ordered this book about 3 months ago and, as recommended in chapter one, I've been reading a chapter at a time, then trying out the suggestions. So far, with very minor changes in my behavior, I've seen very positive results. I think that to say this book is for wallflowers only is superior and misleading. (I don't know anyone who couldn't polish up their social act a bit.) Inwardly I have anxiety relating to people, sometimes mild or moderate, sometimes severe, but outwardly people tell me I seem extremely friendly and at ease. I'm not a mute or stammering wallflower. And I'm finding the suggestions in this book useful and interesting. I noticed that I was tending to monopolize conversations, partially I think as a nervous habit. I wanted to be a better listener. This book shows you how to ask the kind of questions that put people at ease and help them open up and share their most interesting stories. Also tips on body language, how to give compliments without triggering knee-jerk modest responses, and how to talk yourself through moments of self-doubt. All good, basic strategies. I feel secure knowing these techniques are based on statistical evidence and clinical study of how people react and behave. Sometimes the sample dialogue is hockey; you have to dismiss the seemingly 50's style lingo and focus on the technique being illustrated (e.g. follow up a compliment with a related open-ended question). I think this book will help people who want to cultivate warm, comfortable relationships and feel more socially at ease and effective.

For people who want to sharpen their conversational skills (vital to all interpersonal communications), this book makes communication easy! Meant to be read one chapter at a time (with practice in-between chapters), this book provides a solid foundation for improving on anyone's ability to converse or start a conversation and keep it going. The book is solidly pragmatic and easy to follow. It was fun to read and very helpful. This book will be welcomed by all introverts and those seeking to meet others. It will also prove valuable to anyone in sales - gaining rapport is essential, this book will help. I would say this is a "must-have" primer for everyone interested in improving their personal relationships and gaining new friendships.

The book is direct, clearly written, with many practical examples. There are books on the market that are more detailed in specific topics such as active listening, but as an overall practical guide to improving social effectiveness through starting and maintaining conversations, this is excellent. The

key to good conversation, per the author, is asking open ended questions that focus on the other person. Be actively engaged in the conversation through active listening. The book also goes into how deliver honest positives, even when that is difficult. You could call this "spin", but it is spin in the more positive sense, as opposed to what some politicians have performed. The book also deals with how to communicate personal information to maintain and develop the conversation, use of body language, active listening, issuing invitation (conversations and other), handling criticism, defusing difficult situations, and requesting change of behaviors in others. As I said, the book is well written, covers each subject well, with plenty of useful examples. If you liked Covey's "Seven Habits", you'll like this book. I plan to make use of many of the techniques.

There is so much good information in this book. It's true that some of it could be considered common sense, but it helped me a great deal to see the advice written concisely with clear examples. I consider myself shy and at times feel socially awkward, especially around people I don't know well. I bought this book specifically to help me interact socially with my coworkers. The techniques definitely worked. For example, there was one coworker I'd invited out a couple times and he'd politely rejected the offers. After reading the chapter about making invitations that are likely to be accepted, I tried asking him again, using the technique from the book, and guess what, he accepted. We are now friends and go out often. I really can't say enough good things about this book. Since reading this book and putting the information to use, I've also gotten a promotion and a raise at work. I can't say that the book is entirely responsible, but there's no question it helped. Try it. Definitely worth the time and money.

I've been learning so much from this book. I like that it's short and sweet so it gets right to the point without any fluff. Definitely a must read for anyone who struggles to make conversation.

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