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## Mindful Communication

Speaking and Listening with Wisdom and Compassion

Edited by **Frits Koster, Jetty Heynekamp** and **Victoria Norton**

Skilful communication and warm connection are needed today more than ever before. This book explores the potential of mindfulness skills, and how they can be applied to communication in a range of settings.

Experienced mindfulness teachers and trainers Frits Koster, Jetty Heynekamp and Victoria Norton provide an outline of the mechanisms underlying mindful communication while a selection of experts presents a concise overview of six communication programs that are becoming well-known in the mindfulness world. They describe the background and structure of each course and offer tasters in the form of short exercises and online audio downloads. Each chapter is followed up by further resources, reading lists and web addresses.

Mindful Communication will be of interest to professionals in mental health, social care, education and to anyone who wishes to listen and speak with more wisdom and compassion.

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'It is wonderful that Frits Koster, Jetty Heynekamp and Victoria Norton have edited this excellent and very timely book on Mindful Communication. In our digital, disembodied and stressful world, where it's hard to know whom to trust and to find the time for deeper and more meaningful communication, this book has been sorely needed. Now at last we have a practical guide on how to take things deeper and further with one another. With so many people already familiar with mindfulness practices, at least in principal, this invaluable guide can help us all to take some next important steps on the journey.'

**Michael Chaskalson, MA**, author of *Mindfulness in Eight Weeks* (2014) and co-author (with Dr. Megan Reitz) of *Mind Time* (2018). Professor of Practice adjunct at Hult International Business School (Ashridge) and Associate at the Møller Institute, Churchill College in the University of Cambridge.