



# The Art of Communicating

*Thich Nhat Hanh*

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# The Art of Communicating

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## **The Art of Communicating** Thich Nhat Hanh

Zen master Thich Nhat Hanh, bestselling author of *Peace Is Every Step* and one of the most respected and celebrated religious leaders in the world, delivers a powerful path to happiness through mastering life's most important skill.

In this precise and practical guide, Buddhist monk Thich Nhat Hanh reveals how to listen mindfully and express your fullest and most authentic self. With examples from his work with couples, families, and international conflicts, *The Art of Communicating* helps us move beyond the perils and frustrations of misrepresentation and misunderstanding to learn the listening and speaking skills that will forever change how we experience and impact the world.

A portion of the proceeds from your book purchase supports Thich Nhat Hanh's peace work and mindfulness teachings around the world. For more information on how you can help, visit [www.thichnhathanhfoundation.org](http://www.thichnhathanhfoundation.org).

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