**Recommended Reading on Communication**

* *Communication in Marriage: How to communicate with your spouse without fighting.* Marcus Kusi and Ashley Kusi. (2015)
* *4 Essential Keys to Effective Communication in Love, Life, Work – Anywhere!* Bento C. Leal III (2017)
* *Conscious Communications: Your step-by-step guide to harnessing the power of your words to change your mind, your choices, and your life.* Mary Shores. (2017)
* *Effective Communication:* *How to make your conversation more meaningful, speak confidently and stay in control of conversations at work and in relationships.* Aaron Paul. (2019)
* *Effective Communication*: *An essential guide – Develop your social skills, improve empathy and learn the art of persuasion to achieve successful relationships in every area of your life.* Marshall Patterson. (2019)
* *The Art of Communicating*. Thich Nhat Hanh. (2014)
* *Small Talk*: *How to start a conversation, truly connect with others and make a killer first impression*. Diane Weston. (2019)
* *Crucial Conversations*: *Tools for talking when stakes are high.* Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler. (2011)
* *I Hear You*: *The surprisingly simple skill behind extraordinary relationships.* Michael S. Sorensen. (2017)
* *The Art of Gathering: How we meet and why it matters*. Priya Parker. (2018)
* *Difficult Conversations*: *How to discuss what matters most.* Douglas Stone, Bruce Patton, Sheila Heen, and Roger Fisher. (2010)
* *Communication in Relationships*. Marshall Patterson. (2019)
* *Couples Communication*: *The 5 communication skills that all couples should learn for a love that lasts*. Steve Keller. (2019)
* *Everyone Communicates, Few Connect*: *What the most effective people do differently.* John C. Maxwell. (2010)
* *Nonviolent Communication*: *A language of life, Life-changing tools for healthy relationships*. Marshall B. Rosenberg and Deepak Chopra. (2015)
* *Failure to Communicate*: *How conversations go wrong and what you can do right them.* Holly Weeks. (2010)
* *You Just Don’t Understand*: *Women and Men in conversation*. Deborah Tannen. (2007)
* *Emotions Revealed*. *Recognizing faces and feelings to improve communication and emotional life*. Paul Ekman. (2007)
* *Just Listen*: *Discover the secret to getting through to absolutely anyone*. Mark Goulston. (2015)
* *How to have that difficult conversation*: *Gaining the skills for honest and meaningful communication*. Henry Cloud and John Townsend. (2015)
* *The Lost Art of Listening*. *How learning to listen can improve relationships*. Michael P. Nichols. (2009)
* *People Skills*: *How to assert yourself listen to others, and resolve conflicts*. Robert Bolton. (1986)
* *Reclaiming Conversation*: *The power of talk in a digital age.* Sherry Turkle. (2016)
* *Between Parent and Child.* Dr. Haim G. Ginott. (2003)
* *Say What You Mean:* *A mindful approach to nonviolent communication.* Oren Jay Sofer. (2018)
* *Living Nonviolent Communication:* *Practical tools to connect and communicate skillfully in every situation*. Marshall Rosenberg. (2012)
* *The Zen of Listening*: *Mindful communication in the age of distraction.* Rebecca Z. Shafir. (2003)
* *The Compassionate Connection*: *The healing power of empathy and mindful listening.* David Rakel. (2018)
* *Intelligent Thinking*: *Overcome thinking errors, learn advanced techniques to think intelligently, make smarter choices, and become the best version of yourself*. Som Bathla. (2019)
* *How to talk so kids will listen and listen so kids will talk*. Adele Faber and Elaine Mazlish. (2012)
* *The Art of Thinking Clearly*. Rolf Dobelli. (2014)

**Recommended Podcast on Communication**

* The Art of Listening: How to master relationships through communication. Lewis Howes Podcast, Episode 137. (<https://soundcloud.com/lewishowes/chris-lee-art-of-listening>)
* Practicing Mindful Communication. Ten Percent Happier with Dan Harris. (<https://www.stitcher.com/podcast/abc-news/ten-percent-happier-with-dan-harris/e/60854836>)
* The Importance of nonverbal communication in your relationship. I Do Podcast, Episode 133. (<https://idopodcast.com/vanessa-van-edwards/>)
* Relationships and Communication: How to go deeper with our conversations and create stronger connections with partners and friends. Muse and the Catalyst Podcast, Episode 34. (<https://www.museandthecatalyst.com/podcast/episode34>)
* Cognitive Distortions: Part 1. The Mindful Kind Podcast, Episode 182. (<https://www.rachaelkable.com/podcast/182>)
* Cognitive Distortions: Part 2. The Mindful Kind Podcast, Episode 183. (<https://www.rachaelkable.com/podcast/183>)
* How to talk to kids. Mindful Communication Podcast, Episode 17. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/64248672>)
* Communication mistakes we all make. Mindful Communication Podcast, Episode 8. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/60330140>)
* Saying What You Mean. Mindful Communication Podcast, Episode 11. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/62325025>)
* Why We Misunderstand Others. Mindful Communication Podcast, Episode 7. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/59900903>)
* Communicating with Compassion. Mindful Communication Podcast, Episode 2. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/58579853>)
* Communication for Couples. Mindful Communication Podcast, Episode 6. (<https://www.stitcher.com/podcast/mindful-communication-podcast/e/59647769>)
* 3 Common Thinking Errors and How to Stop Making Them. 7 Good Minutes, Episode 350 (<https://7goodminutes.com/podcast/thinking-errors/>)

**Recommended Videos on Communication**

10 Ways to Have a Better Conversation | Celeste Headlee

<https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare>

The Secret Structure of Great Talks | Nancy Duarte

<https://www.ted.com/talks/nancy_duarte_the_secret_structure_of_great_talks?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare>

5 Ways to Listen Better | Julian Treasure

<https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better?language=en>

How to Speak so that People want to Listen | Julian Treasure

<https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen?language=en>

Why it’s worth listening to people you disagree with | Zachary R. Wood

<https://www.ted.com/talks/zachary_r_wood_why_it_s_worth_listening_to_people_we_disagree_with#t-8105%C2%A0>

How to speak up for yourself | Adam Galinsky

<https://www.ted.com/talks/adam_galinsky_how_to_speak_up_for_yourself>

How to ask for help and - get a “yes” | Heidi Grant

<https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes>

The importance of good conversation – and how to have it | John O’Leary

<https://www.ted.com/talks/john_o_leary_the_importance_of_good_conversation_and_how_to_have_it>

The gift and power of emotional courage | Susan David

<https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage>

Say your truths and seek them in others | Elizabeth Lesser

<https://www.ted.com/talks/elizabeth_lesser_say_your_truths_and_seek_them_in_others>

The Danger of Silence | Clint Smith

<https://www.ted.com/talks/clint_smith_the_danger_of_silence/discussion?language=en>

The Importance if Emotional Tone in the Digital Age | Kareem Yusuf

<https://www.ted.com/talks/kareem_yusuf_the_importance_of_emotional_tone_in_the_digital_age>

The Listening Bias | Tony Salvador

<https://www.ted.com/talks/tony_salvador_the_listening_bias>

The best way to help is often just to listen | Sophie Andrews

<https://www.ted.com/talks/sophie_andrews_the_best_way_to_help_is_often_just_to_listen>

Your body language may shape who you are | Amy Cuddy

<https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are/discussion>

The Power of Listening | William Ury

<https://www.youtube.com/watch?v=saXfavo1OQo>

Build don’t break relationships with communication – connect the dots | Amy Scott

<https://www.youtube.com/watch?v=Jp9b2Hf7QWg>

This is your brain on communication | Uri Hasson

<https://www.ted.com/talks/uri_hasson_this_is_your_brain_on_communication>