



DARE TO SPEAK AND KNOW WHAT TO SAY (NEW EDITION)

How to Communicate from the Heart

Arnaud Riou

Forewords by Thomas d'Ansembourg and Dominique Rankin

What you need to know to learn to communicate effectively and authentically.

288 pages

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Éditions de l'Homme

How can we create harmonious relationships if we don't know how to share our feelings and emotions, and if we're unable to be receptive to those of the other person? How can we have stable relationships if we don't know how to set limits and express expectations clearly? Words are a priceless tool for explaining, uniting, suggesting, persuading, negotiating, setting limits, transmitting and creating. Whether it is a matter of introducing ourselves in a meeting, calling our parents-in-law to excuse ourselves next weekend, undergoing an oral examination or a job interview, or taking a defective item back to the store, mastery of the spoken word is a requirement if our words are to be heard. Knowing how to communicate is one of the most useful talents to have. The art of finding the right word influences all our relationships for the form of the message has as much importance, perhaps even more, as the content.

In this new updated edition, Arnaud Riou describes all aspects of authentic communication: the art of speaking in public, non-verbal language, word choice, breathing, articulation, intonation, in a warm and friendly style, with many practical examples and exercises. His wise advice will help everyone to learn to formulate their ideas and express their feelings with ease.

Strong points

- Discusses all elements of communication: the mechanical aspects (intonation, pronunciation), content (word choice), situation (speaking in public, expressing refusal), projection (charisma, presence).
- A foreword by best-selling author Thomas d'Ansembourg, specialized in nonviolent communication.
- Contains exercises (breathing for instance).
- Coaching approach, in a warm style.
- 6500 copies sold of the previous edition.

Subjects: authentic communication, self-help, expressing emotions, feelings, opinions, speaking, listening

Arnaud Riou has been facilitating groups for 30 years. Trained in a number of western therapeutic techniques, he has also studied meditation, Buddhism, and martial arts during his travels in India and Tibet. He is the creator of the Way of the ACTE® Conscious Approach to the Totality of Being. He directs the ACTE Academy and founded the Moulin de Beaupré in Burgundy, a centre for personal development and training. He is also a filmmaker and the author of 16 books.

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