



Communication is the bedrock of our interactions. Learn essential talking and listening skills to foster clear, connective and kind communication.

This practical guide gives you a wealth of skills that you can use right now to improve your everyday conversations with loved ones, colleagues and friends.



Mudita Nisker and **Dan Clurman** have been teaching interpersonal communication to individuals and companies for more than 35 years. They live in the San Francisco Bay Area. For more, visit: letstalkmethod.com

Let's Talk invites you to transform the way you relate to people, one conversation at a time.

Communication is the bedrock of our interactions, yet few of us are taught to talk and listen in a way that fosters clarity and connection. Too often, our communication habits lead to misunderstandings, bruised feelings, damaged relationships, and avoidable conflict.

Let's Talk aims to change that.

These skills will help you:

- Address challenging topics with less stress and anxiety.
- Feel more confident expressing yourself.
- Influence others in respectful ways.
- Reduce friction in personal and professional relationships.
- Handle conflicts more constructively and with less messy fallout.
- Understand others more easily.
- Offer helpful support during tough times.

Drawing from psychology, sociology, learning theory, and spiritual traditions, Mudita Nisker and Dan Clurman's unique, comprehensive approach to one-on-one communication is designed to be highly effective, yet easy to understand and to use.

"Listening and talking skillfully can be acts of love. In Let's Talk Mudita Nisker and Dan Clurman offer practical ways we can communicate at our best. Parents, lovers, teachers, leaders—everyone—can benefit enormously from their kindly guidance."

—Daniel Goleman, bestselling author of Emotional Intelligence and Altered Traits

About the Authors



Mudita Nisker is a licensed marriage family therapist (LMFT), coach, and trainer. She works with couples and individuals in her private practice in Oakland, California. A strong advocate of lifelong learning, she's led women's communication-training groups for more than thirty-five years. She also offers training and coaching to private, public, government, and nonprofit organizations. You can contact her at www.letstalkmethod.com. She's a strong proponent of applying critical thinking to practical, compassionate communication. Her decades-long mindfulness practice informs her communication work, and she has led trainings for leading mindfulness retreat centers across the US. Her articles in the Buddhist publications *Tricycle* and *Inquiring Mind* explore the Buddhist idea of "right speech" in daily life. Mudita is a musician and founding member of Gamelan Sekar Jaya, a company specialized in the performing arts of Bali. She has contributed with her communication expertise to GSJ's since its inception. Parenting her daughter has been one of the great joys of her life. Mudita received her B.A. and M.A. in psychology from the University of Minnesota.

Dan Clurman is a coach, trainer, and professor. Over the past thirty years, he has provided communication training and coaching to individuals and organizations in the private, public, government, and nonprofit sectors.

He is in the Faculty of the Psychology in the Edward S. Ageno School of Business at Golden Gate University in San Francisco. He teaches courses of team dynamics, conflict resolution, and coaching, emphasizing the interplay of critical thinking and communication.

He also teaches Business Communication at UC Berkeley Extension. Dan received a B.A. in Anthropology from Columbia University and a M.A. in Psychology from Sonoma State University. He is a guild-certified practitioner of the Feldenkrais Method of somatic education and conducts workshops on the Feldenkrais Method and mindfulness meditation at Spirit Rock meditation center and Esalen Institute.

Dan's publications include *Conversations with Critical Thinkers*, *Floating Upstream: Poems and Drawings*; and a book of cartoons, *You've Got to Draw the Line Somewhere*.

Endorsements

“Listening and talking skillfully can be acts of love. In *Let’s Talk* Mudita Nisker and Dan Clurman offer practical ways we can communicate at our best. Parents, lovers, teachers, leaders—everyone—can benefit enormously from their kindly guidance.” —Daniel Goleman, bestselling author of *Emotional Intelligence* and *Altered Traits*

“Mudita and Dan’s teaching has changed my life. More than that, the skills have changed the lives of everyone around me, because I am so much easier to live with. Long way of saying: read this book. Your communications, and therefore your relationships, with everyone in your orbit will improve. You’ll get into fewer fights. And when you do have conflict, you’ll navigate it more smoothly.” —Dan Harris, bestselling author of *Ten Percent Happier* and co-founder of the Ten Percent Happier app.

“Every teacher, parent, partner, manager, and leader needs to read *Let’s Talk!* Mudita Nisker and Dan Clurman brilliantly combine theory and decades of real-world experience to educate us in critical skills and tools that will enhance how we communicate and relate to others (and ourselves), which will dramatically transform our personal, social, and professional lives.” —Marc Brackett, bestselling author of *Permission to Feel* and founding director of the Yale Center for Emotional Intelligence

“Have you ever walked away from a conversation wondering how it had gone so off track? *Let’s Talk* is a great book to help hone the skills for healthy communication with others—be it work related, with family, or with friends. . . . Written in an engaging way, it is a perfect book for venturing into social situations. —Sharon Salzberg, author of *Lovingkindness* and *Real Happiness*

“Mudita Nisker and Dan Clurman gently guide us through our language in a way that clarifies how our communication breaks down and how making some simple adjustments can help us skillfully navigate our way through conversations, improving relationships of all kinds. —Tara Bennett-Goleman, *New York Times* bestselling author of *Emotional Alchemy: How the Mind Can Heal the Heart*

“In this beautiful, astonishing, and useful book, Clurman and Nisker distill decades of research on the art of talking and listening. Communication, they remind us, is not just the transmission of ideas. We establish trust, enter into productive and satisfying relationships, and discover ourselves when we use language skillfully. With striking precision, and a light touch, *Let’s Talk* provides the tools many of us need to do just that. This book is an opportunity and a revelation.” —Alva Noë, professor of philosophy, University of California Berkeley, and the author of *Out of Our Heads: Why You Are Not Your Brain and Other Lessons from the Biology of Consciousness*.

“Mudita Nisker and Dan Clurman have been two primary teachers helping me to grow in skillful communication. In *Let’s Talk* their clarity and wisdom shine through, illuminating a path to true connection and intimacy for anyone serious about embodying ‘wise speech.’ This is a valuable resource that I highly recommend. —James Baraz, co-author of *Awakening Joy: 10 Steps to Happiness* and co-founding teacher of Spirit Rock Meditation Center.

“Mudita and Dan have written a timely book that articulates powerful communication strategies that I use in multiple contexts. It is as relevant in my professional work in cultural diplomacy as it is in my personal life. I believe these principles are core to successfully communicating across nations. —Rachel Cooper, director, Culture as Diplomacy, Asia Society.

“*Let’s Talk* can serve both as a self-and-other teaching text as well as an encyclopedia about communication skills. For me it is a treasure-trove of life wisdom, resting upon a foundation committed to maintaining the deepest respect for self and others.” —Marlys Mayfield, author of *Thinking for Yourself: Developing Critical Thinking Skills Through Reading and Writing*.

“*Let’s Talk* is the perfect blend of theory and practice. As a clear and easy-to-follow guide to improve your capacity to communicate when it matters, it is a true gem.” —John Ford, professor of negotiation, University of California (Hastings) Law School; author of *Peace at Work*; and creator of *The Empathy Set*.

“I’ve been looking for a book like this for years and am so glad this unique approach has finally been published. . . . Mudita Nisker and Dan Clurman encourage us to reflect deeply on how we communicate and show us how to become more skillful at it. The philosophy and techniques presented here have the power to improve our relationships with our partners, children, colleagues, community and most importantly ourselves. These skills are life changing. What a gift!” —Jane Baraz, Mindfulness-Based Stress Reduction (MSBR) instructor, University of California San Francisco Medical Center.

“*Let’s Talk* is a powerful and moving tool. It guides us to understand the complex and dynamic web of factors that influence how we experience the world and how that impacts our connections to those around us. It may seem that there are some people who are ‘just good communicators,’ but this refreshing, detailed, action-based book underline[s] that clear, meaningful communication is a learnable skill. . . . [It] integrates foundational concepts of compassionate conversation and also looks squarely at the complexities of diversity, differing positions of power and privilege, and the multitude of modes of communication available to us—in a way that is clear and supportive. . . . [I]n times when we can seem more and more polarized, *Let’s Talk* truly gives me hope.” —Emiko Susilo, author of *Good to Know about Bali: A Friendly Guide to Arts and Culturally Sustainable Travel in Bali*, actor, and associate director of the Balinese music and dance performing ensemble Çudamani.

Selling Sheet

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