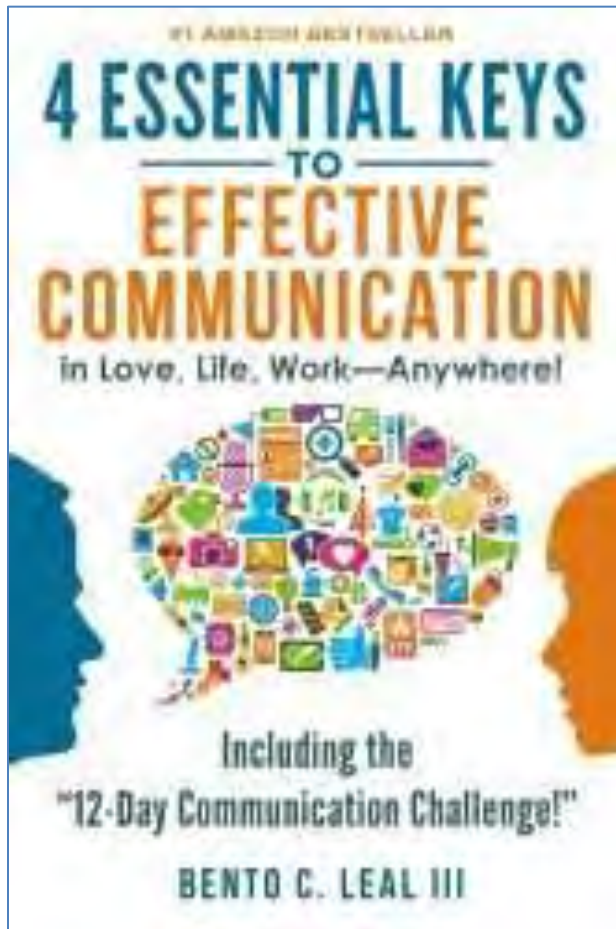


4 Essential Keys to Effective Communication in Love, Life, Work—Anywhere!

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Would you like to improve your communication skills to grow and strengthen your marriage and relationships? If so, this book may be just what you need.

After working as a relationship skills instructor over the past 12 years in California, I decided to write my own book on the subject. I didn't want it to be a long, drawn-out read with way too much material. I wanted it to be something concise, and immediately actionable for the reader. I believe I accomplished that with this book.

How To Put Love In Action

It's really a 'How-To Guide' for practicing the key skills that will help anyone identify and overcome communication barriers. It will help you achieve relationship success with the important people in your life -- your spouse or fiancé, your child(ren), your parents, siblings, friends, co-workers, customers -- anyone. I see the book as "putting love into action" in very practical ways.

The book covers the following topics:

- Empathic awareness and empathic listening skills
- Listening blocks to effective communication
- Empathic dialogue skills to achieve mutual understanding
- Effective conflict management and problem-solving when there's a disagreement
- How to nurture your relationships on a consistent basis
- The power of expressing gratitude and appreciation
- And more...

At the end of the book is the 12-Day Communication Challenge! This Action Guide is designed to help the reader practice a particular skill step each day. The 12 day challenge will help you grow in confidence and ability. Skills become habits; habits become behavior.

Five Star Reviews – Proof that these skills help people

The book is on sale at Amazon.com in both Kindle ebook format and paperback at this link: www.amazon.com/dp/B071DFFYD. I'm happy to say that it rose to become an Amazon Best Seller in several categories and has many 5-star reviews.

Lastly, I'm always excited when I see couples and individuals experience major breakthroughs in their communication skills and relationships. That fuels my passion and gives me the power and energy to keep doing this important work. I wish you and every person success in learning and practicing these powerful skills to grow and strengthen your marriage, family, and all your relationships.

About the Author:



Bento has worked full time as a communication and relationship skills instructor with a non-profit organization in California since 2007. He has taught thousands of couples and individuals in classroom-type settings in various venues throughout the state, including in churches, family resource centers, county jails and federal prison. In addition, he has developed his own communication skills workshop titled "Enrich Your Relationships", where he teaches the skills covered in this book.

Bento & his wife Kimiko live in his hometown of San Leandro, California. His website is www.bentoleal.com. He can be reached at bentoleal49@gmail.com.