

FIFTY EXERCISES FOR BETTER COMMUNICATION: IMPROVING SELF ESTEEM AND INSPIRING OTHERS

50 堂最療癒人心的說話練習： 在溝通中肯定自己，觸動他人

Over the course of her twenty year career as a celebrity host, Bowie Tsang has learned to use communication as a tool for self-understanding, connection, and healing. At every moment, she reminds herself to use her speaking skills as a means to encourage others, and that the starting point of every good conversation is the human heart.

Do you feel awkward in social situations? Are you ever at a loss for what to say? Do you find yourself drained by conversations, even when sharing positive experiences? We all learn to speak in childhood, but real communication takes a lifetime to master. With twenty years of experience hosting talk shows and events, Bowie Tsang has the ability to engage guests from all walks of life. In her book, she shares the professional experiences that left the deepest impressions on her, and teaches readers how to make conversations happen no matter what the setting, emphasizing that communication can be a powerful path of personal growth.

The first lesson of effective communication is “know thyself”. Only when we know our own passions and emotions can we begin to seek out points of resonance others. This is the prelude to learning how to have natural and flowing conversations. With this foundation, we can develop our own communication style and learn to better express our thoughts through storytelling practice, and reading a broad range of books.



Category: Self-help

Publisher: Titan

Date: 5/2019

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 272

Length: 68,239 characters

(approx. 45,000 words in English)

Rights sold: Simplified Chinese (Beijing Zhizhetianxia Technology)

Later, we can continue to improve our communication through two critical skills: the use of positive energy, and learning to see things through the eyes of others. Bowie Tsang believes that real conversations are co-creations. We find satisfaction and positive energy in conversations, and avoid feeling drained, by working together and giving good feedback. Good communication is a lifelong study that will help us find mutual understanding and develop greater tolerance for those around us.

Unlike other books on communication, *Fifty Exercises for Better Conversations* doesn't promote conversational gimmicks. Drawing on twenty years of experience, Bowie Tsang teaches that good conversations don't unfold according to the rules. Naturally flowing from topic to topic helps put participants at ease, encourages positive communication, and creates a space for healing. Lively and authentic, Bowie Tsang's writing will leave readers savoring the warmth and intimacy of a heartfelt talk, and inspire them to go out and create healing conversations of their own.

Bowie Tsang 曾寶儀

The multi-talented Bowie Tsang is a talk show host, singer, and actress. She has hosted numerous galas and award shows across the globe, including K-pop artist meet and greet events. More recently she has established her own film production company.