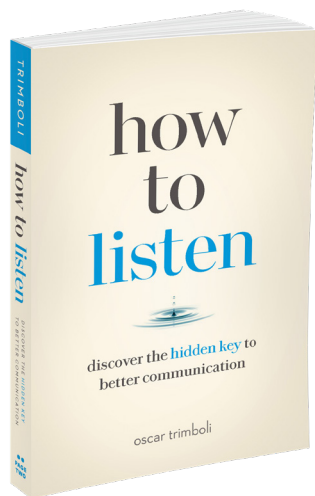


how to listen

discover the **hidden key**
to better communication

oscar trimboli



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If you want to be heard, you need to know how to listen

Communication isn't all about what you say. It's about what you hear, what you notice, and how you respond. In short: it's about how you listen. And despite leaders spending 83 percent of their day listening, only 2 percent of them have ever been trained in how to listen effectively.

In *How to Listen*, Oscar Trimboli, host of the Apple-award-winning podcast *Deep Listening*, shows you how to unlock your listening superpowers. Trimboli shares practical and pragmatic insights to help you notice when you aren't listening—and what to do about it.

When you understand the art and science of listening, you'll master the missing half of communication—and create a more powerful impact in your workplace and beyond.

OSCAR TRIMBOLI is an author, keynote speaker, and host of the Apple award-winning podcast *Deep Listening*. He is passionate about using the gift of listening to bring positive change in homes, workplaces, and cultures around the world. A marketing and technology industry veteran with over thirty years' experience, he consults with organizations including Air Canada, AstraZeneca, Cisco, Google, HSBC, among others.

OscarTrimboli.com

"When Oscar Trimboli has something to say about listening, listen. He's the best in the world."

MICHAEL BUNGAY STANIER, bestselling author of *The Coaching Habit* and *How to Begin*

"*How to Listen* provides valuable insights into how we can strengthen our communication and improve our listening approach in a practical and meaningful way."

NAYSLA EDWARDS, vice president brand, charge cards, and member experience, American Express

"A powerful way to reimagine leadership, this book made me realize how much more we can use listening to build high-performance workplace cultures."

ZOE HAYES, head of B2C marketing, consumer apps, and sport partnerships, AUNZ at Google