

HOW TO START A CONVERSATION BY DON GABOR



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HOW TO START A CONVERSATION

LEARN HOW TO:

- RELAX AND BE YOURSELF
- OVERCOME SHYNESS AND INCREASE SELF-CONFIDENCE
- CAPTURE SOMEONE'S ATTENTION
- MEET PEOPLE ANYTIME—ANYWHERE

DON GABOR

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Review

"The New Yorker" A gifted conversationalist.

From the Inside Flap

1 cassette / 40 minutes

Read by the author, Don Gabor

"You'll be amazed at how fast you can learn how to start a conversation just by listening to this audiobook and by practicing the skills with everyone you meet! Just think how much more confident, poised, and successful you'll feel when you can wall into a roomful of strangers and strike up a conversation with anyone there." - Don Gabor

Tired of being tongue-tied? This program is guaranteed to teach you how to strike up a conversation with anyone, in almost any situation.

With a little practice and six simple techniques you'll be able to overcome your shyness, make new friends, and become more confident and successful.

About the Author

Don Gabor is the author of the bestseller **Talking with Confidence for the Painfully Shy**. He has been writing and speaking about the art of communication since 1980 and presents seminars to businesses, corporations, and universities. He is the founder and president of **Conversation Arts Media**, a company dedicated to helping people build success through better interpersonal communication skills. his list of clients includes American Express, MCI, Marriott Hotels, New York University, and USA Today.

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Most helpful customer reviews

0 of 0 people found the following review helpful.

A Worthwhile Book On Communications

By S. Peek

This book contains several good tips for improving communications. A lot of the information contained in it is also in other books. One concept that the author addresses that is a bit different is something that he calls 'free information,' which are things that others reveal without any effort on the listener's part. He has some interesting and valuable thoughts on that.

Another area that the author discusses is online presence. That section may have some value for those who are into a lot of online activities. Overall, I think it is likely a valuable book for those who struggle in the area of conversation. I mainly bought it for a relative who struggles with shyness, but I read it first to check it out.

It contains tips in several areas such as eye contact, body language, facial expressions, and active listening.

I recommend it for those who struggle with initiating conversations with others. It is probably a worthwhile read even for those who are already skillful in the communications area.

0 of 0 people found the following review helpful.

Great Help for an Introvert

By Susan

I am an introvert and have trouble with small talk so I desperately needed some help in this area. This book was just the thing I needed. I used it to make flash cards of some conversation starters and extenders that I will memorize and plan to use.

528 of 537 people found the following review helpful.

Great Primer Book Helpful for Conversation and Friendship

By Edward J. Vasicek

I am a pastor who has a gift of gab and a number of friends, some of them close. My sister (who is the ultimate friendly person) and I were raised by parents who knew how to converse well, so we picked up these skills in a natural setting. We are both real schmoozers. My wife is also highly relational. So, unlike many self-help book reviewers, I am reviewing from a different perspective: I did not read this book for personal growth reasons (I do read books on other subjects to address my weak spots, however), but to try to help instruct others who struggle here.

For many years, I have dealt with folks who wanted to learn to converse and make friends. When one is brought up with those skills, it becomes difficult to enumerate exactly what it is we talkers do. When I read, "How to Start a Conversation and Make Friends," I said to myself, "Yep. This is a lot of what we (and many other people strong in this area) do." Gabor has organized and put into outline form the most basic principles

of conversation and friendship initiation. And that is a whole lot more helpful than saying, "I don't know. We just do it!"

Gabor also allows for differing personalities and relational styles. Although we may have to leave our comfort zone (in time, change becomes comfortable), we need to be who we are and converse with others based upon who they are.

Please understand that this book is limited in its scope. It can help people initiate friendships, but it does not direct one toward relational depth. This book can help folks make a number of casual friends but not necessarily close friends. For deeper communication, I suggest William Backus' book, "Telling Each Other the Truth," a volume that addresses matters like conflict resolution, honesty, etc. Gabor's book is not really intended to guide you into relational depth. It does a great job for its intent: helping you chat better and initiate the early stages of friendship. For some folks, their instincts may kick in at that point. Others will need to study further.

The other limitation of this book (and there is no way to avoid it) is that the directives can be overwhelming because of their sheer volume. My advice is to choose a few areas to work on. Once those practices are incorporated and become second nature, then it is time to add a few more. In a sense, the book is arranged in order of importance, with the early chapters being the most crucial to master. I recommend starting at the beginning.

In addition to Gabor's insights, I suggest hanging around and imitating those who seem to have it together in these departments. There is nothing quite like seeing conversation in action and then telling oneself to "go and do likewise." It may seem awkward at first, but, in time, it can become second nature. Some folks (who have difficulty choosing the right words) might even consider practicing a conversation in an empty room, almost memorizing a script.

On quotable section reads, "Most shy people take the passive role when it comes to starting conversation. They wait and wait and wait, hoping someone will come along and start a conversation with them..."

He emphasizes that communication consists mostly of body language, then tone or voice, and, lastly, words. Here is some simplistic but crucial advice, "Use plenty of eye contact, smile, and, above all, keep your arms uncrossed and your hands away from your face."

The book consists of 15 chapters divided into 4 sections. The sections are: Starting Your Conversation with Confidence. Continuing Your Conversation with Wit and Charm, Ending Your Conversation with a Great Impression, and Boosting Your Conversation to the Next Level.

The last chapter lists his 50 main points, some of which include, "Be the first to say hello, Introduce yourself to others, Show others you are listening by restating their comments, and Beware of open and closed body language."

This book is not rocket science (though filled with details), but it is a good place to start. Although I consider myself strong in the conversation department, I admit that I did pick up a pointer or two. Go for it.

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