

# **The Zen Of Listening: Mindful Communication In The Age Of Distraction By Rebecca Z Shafir MA CCC**

**By Rebecca Z Shafir MA CCC**

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Rebecca Z. Shafir, M.A. CCC Sudbury, MA and New York City, NY. Author of The Zen of Listening: Mindful Communication 2000

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The Zen of Listening Mindful Communication in the Age of She is a 20-year student of transcendental meditation and Zen studies and has a black belt in martial

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