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Module 1: Introduction to Mindful Communication: Unit 1: Five Keys (wk 1) - How to Participate: Unit 2: Five Keys (wk 1) - Introductions: Unit 3: Five Keys (wk 1) - Find a Dialogue Partner

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[The Five Keys to Mindful Loving | Psychology Today](#)

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Drawing on the Buddhist concept of mindfulness, How to Be an Adult in Relationships explores five hallmarks of mindful loving and how they play a key role in our relationships throughout life: 1. Attention to the present moment; observing, listening, and noticing all the feelings at play in our relationships. 2.

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Chapman highlights five key elements of mindful communication: silence, mirroring, encouraging, discerning, and responding, and she dedicates a chapter of the book to each.

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The Five Keys to Mindful Communication is a book about how to develop better listening skills, inspired by both Buddhist and Western forms of psychology. Chapman sees communication as the essence of human relationships, and this book is therefore as much about relationships as it is about communication skills.

[Buddha Space: Review: The Five Keys to Mindful Communication](#)

Chapman highlights five key elements of mindful communication: silence, mirroring, encouraging, discerning, and responding, and she dedicates a chapter of the book to each.

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