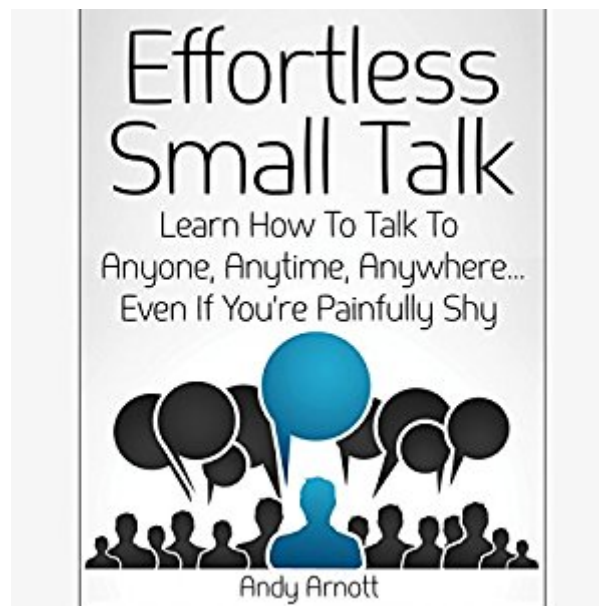


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# Effortless Small Talk: Learn How To Talk To Anyone, Anytime, Anywhere...Even If You're Painfully Shy



## Synopsis

Do you hate making small talk? Do you wish you could walk up to anyone, anywhere, anytime, and just start talking to them? Well, it isn't difficult.... In this book I detail everything I've used to overcome my fear and inability of making small talk so that you can, too. You can pick up this book, listen to it, and have an actionable step-by-step structure to follow so you can master small talk. Everything in this book has been boiled down to its simplest form and then molded into actionable steps. This means you don't need to spend countless hours researching, reading, and testing techniques; I did all that for you. As you work through the book you will learn the following: The simplest, most actionable strategies for mastering small talk How to effortlessly "open" any conversation, no matter where you are How to control your body language to make people want to talk to you How to use small talk to get ahead in life Simple psychological hacks to improve your mood How to make other people love talking to you And much, much more But why is small talk so important? Well, here is the funny thing.... Most people don't think small talk is important at all, but that's because they aren't aware just how powerful it is. If you learn to master small talk you can use it to better your life in an almost infinite number of ways. Small talk can be used to do any of the following, and much more: Get a new promotion at work Meet a new romantic partner Network with incredible people Avoid being the awkward one at the party And that is only scratching the surface So, if you hate how awkward you are in social situations and wish you could change, let me help you.

## Book Information

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## Customer Reviews

This short and to the point book takes you by the hand and shows you step by step how to strike up a conversation with anyone in just about any situation. So many people, me included, are so intimidated of talking to people we miss out on so many opportunities. This book can help you grow and change that. Recommended reading.

This is undoubtedly a fascinating topic; however, despite its brevity (46 pages for a kindle price of £3.08), this very slim volume still manages to include a surprising amount of padding alongside some rather trite pieces of advice. The most useful parts of this slight piece of work are its references to Carol Fleming's ARE (Anchor-Reveal-Encourage) strategy and Amy Cuddy's TED talk on body language. Read something else.

A slender, focused book filled with practical suggestions and useful questions. Although designed primarily for folks who feel shy or sometimes awkward in social situations, this book seems very useful for international students and English language learners wanting to feel more comfortable in the United States. Although I'm a big fan of the book and have recommended it to several friends and university students, the title and subtitle seem somewhat inaccurate and make some overly bold claims. Many of the exercises are simply impossible for a shy, let alone "painfully shy" person, to actually use. Somehow I suspect the author is a natural extrovert and seems to underestimate the emotional barriers to starting conversations and/or engaging in savvy small talk. The book does, however, provide many helpful tips and savvy suggestions. Many readers appreciate the short stories and checklists. I just wish the book had a different, less flamboyant title.

Quick read to remind ourselves the etiquette of small talk. I think it is very helpful for people who struggle to make small conversations in unfamiliar groups. Breaks the whole process into what it is about, what works and what doesn't. Author did a great job in keeping the book small without going into motivational speeches by repeating the same point over and over.

A quick read covering all the salient points:- Why "small" talk isn't really so small,- Why it's truly important for living well and for succeeding with any creative project, cause-based initiative or money-making enterprise.- Specific, practical steps you can take to overcome many of the obstacles that can hold you back. Includes short, but actionable steps to take for the top 8 things that make small talk work: 1. Getting your anxiety and fear under control. 2. Recognizing who may be willing to talk. 3. Starting a conversation. 4. Keeping it going. 5. Ending it smoothly. 6. Making a great

first impression, including your physical appearance.7. How to be approachable but avoid looking like a creep.8. Following up with the relationships you'd like to continue. One, unsolicited, tip from me about physical appearance: In my experience, it's usually better to "dress up" in relationship to the "dress code" of those you are engaging. It's important to gauge carefully how far "up." In every day business, for example, if you are meeting with people whose dress code is business casual, try wearing an average style suit or sports jacket and tie. On the other hand, avoid wearing a tuxedo to a pool party, unless you're trying to get thrown in the pool (a metaphor for drawing a lot of negative attention to yourself). By dressing slightly more formally than those with whom you are meeting or networking, you demonstrate a certain degree of respect that seems to be appreciated by many people.

The crux of this work, to put very simply, is the benefits of reaching out to people. This might be a very common theme of personality development-related books, but what makes this book stand out is the incisive style of presentation along with vibrant examples. The Anchor-Reveal-Encourage approach to strike up casual yet engaging conversation is something unique. Personally, I'm not an introvert, so it will be somewhat difficult for me to understand the situation in perspective. But still I'd say that reading this book has been an enriching experience. Especially because small talks, at many times, open up the avenue for more extensive and spontaneous conversation. I have made many new friends in this way, thus can relate the contents to myself (minus the shyness part). Well-conceptualized, and well-written – so let's go for it.

Ack. I wish I'd read this years ago. It is well-known that introverts don't like small-talk (we're NOT shy, we just are stimulated by it) but as the author states, it is an important business skill. If you're an introvert it is a skill that doesn't come naturally but many of us have to fake it, bumble our way through or somehow else summon the energy, courage, whatever it takes if we want to be successful. I really appreciated learning the ARE acronym to open a conversation. I also was happy to see the section of how not to come across as a pick up artist because we really don't want any more of that PUA stuff out in the world.

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