



daily GOOD

When I really hear someone it puts me in touch with him. It enriches my life. It is through hearing people that I have learned all that I know about individuals, about personality, about psychotherapy, and about interpersonal relationships. --Carl Rogers

What I Would Say to Osama bin Laden: Zen monk Thich Nhat Hanh talks about how listening is the first step towards peace. Interview by Anne A. Simpkinson:

Be The Change:

Take the time to really listen to someone today.