



# Is THAT What they Meant?: A book of practical communication insights

*Robert J. Rubel Ph.D.*

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Many of our adult behaviors are largely invisible to us because they're accepted and supported by our culture. It doesn't occur to us to question our own (or our partner's) basic assumptions about who we are and how we interact in the world. It's difficult to step aside from yourself and explore why you think as you do. The more you understand how you (and those with whom you're speaking) take in information, the easier the communication becomes. This book is intended to help you decipher what others are saying and also to help you realize why some of your messages are not being heard the way you intended them.

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