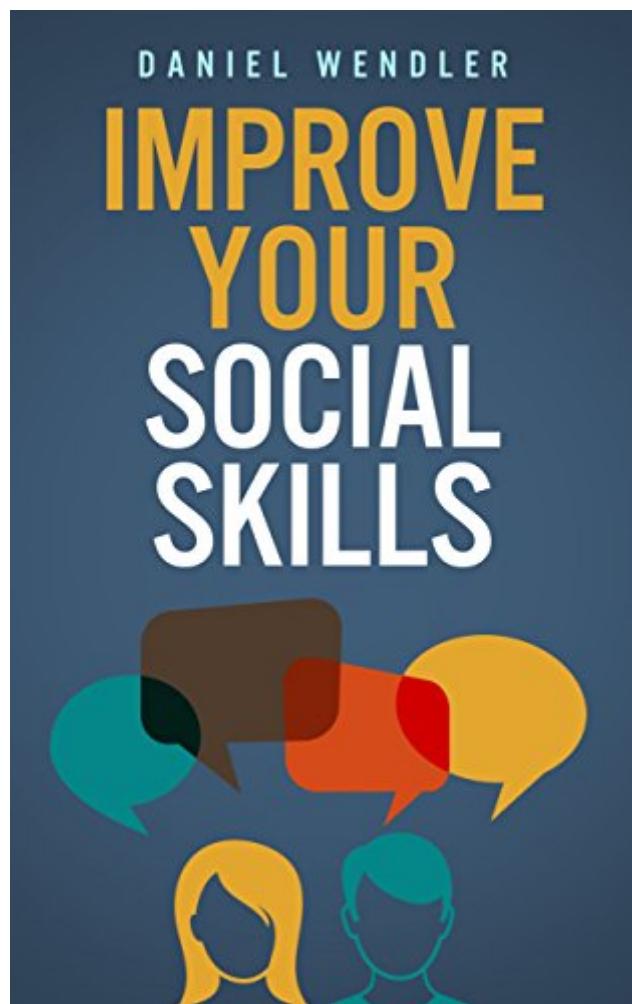


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# Improve Your Social Skills



## Synopsis

Anyone can learn social skills. Improve Your Social Skills is here to help. Improve Your Social Skills is a comprehensive guide to social skills. It explains topics like conversation and body language in practical, easy-to-apply lessons. Think of it like an owner's manual for your social life. I wrote it to share the discoveries that helped me overcome the social challenges of Asperger's Syndrome. See, when I was growing up I was the most awkward kid you could ever hope to meet. But one day, I decided to study social skills deliberately, like you might study a foreign language. I looked for patterns that might explain the way people behaved, techniques I could use to connect with others, and metaphors I could use to make sense of it all. I poured thousands of hours into study, observation, and practice. And it paid off. I learned how to connect with others, and started filling my life with incredible friendships. I still make the occasional mistake, of course. But now I have the confidence to shrug off awkward moments without getting anxious. I cracked the code, in other words. And I wrote Improve Your Social Skills to teach you everything that I learned. Inside, you'll learn how to.... Make Conversation (and keep conversation flowing smoothly!) Read Body Language (and send positive signals with your own body language!) Meet New People (and make friends with them!) Tell Stories In Conversation (that don't bore your audience!) Combat Shyness And Social Anxiety (A little courage every day adds up!) Date Successfully (without manipulation or sneaky tricks!) And More! (seriously -- this book is 222 pages!) Ok, enough with the bullet points. I'm Dan Wendler, and I wrote the book. I wrote it because I know what it's like to feel awkward and alone, and I don't want anyone to feel that way if I can help it. Improve Your Social Skills contains everything I learned over the past 10 years. The advice in this book has literally changed my life, and transformed me from a lonely kid sitting alone in the cafeteria to a confident man surrounded by dear friends. Give it a chance, and it might just change your life too.

## Book Information

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## Customer Reviews

I was looking for a book to give to my daughter to help her with her social skills. She is 14 and does not have a diagnosis, but had shared with me that she struggles with certain social skills (such as being aware that the feelings of others might be different than her own, or how to support a friend who is going through a difficult time). A lot of the books out there about improving your social skills are either too clinical, aimed at younger kids, or are meant for professionals looking to network better. I read this through before giving it to my daughter. I like the author's overall approach and the constant emphasis on sincerity and kindness in relationships. He presents social skills in terms of fairly easy to remember principles, rather than a lot of theory, abstract ideas, or case studies (there are some personal examples though). Although the target audience seems to be young adults, I found that it was very appropriate for my daughter. I was a little nervous about the chapter on relationships, but was relieved that the author's values align fairly well with my own and I felt comfortable with my daughter reading it. My daughter hasn't shared with me her thoughts about it (but that's par for the course with her) but she was happy about the idea of having a book to refer to. It was actually a revelation to her that social skills are something that she can learn more about and get better at. I work in the special education field, and I will be recommending this book to students and parents.

This book by Daniel Wendler could just as well be entitled: The Thinking Person's Guide to Improving Your Social Skills. I say that because of the methodical, thoughtful and flowing way the author guides us through the complex maze of social interactions in which we find ourselves. I found the conversational process of using questions, which the author calls "invitations," and the telling of something from our own experience that opens the conversation up for our partner to

comment on or question, which the author calls "inspirations," to be very helpful when breaking down the dynamic of a conversation. Being frequently in situations that require entering into a group conversation, such as at dinner parties or professional meetings, the section on helpful ways to enter into those group conversations, and also on the importance of including others in group conversations that we have already entered into, was very useful. One part of the book speaks to gauging the "energy level" of the person or group that you are entering into a conversation with. This is something I hadn't thought of before, but is going to become an important part of my own process of entering into conversations and relationships. Finally, the chapters on meeting new friends and how to decide if those friendships are going to be healthy, along with how to maintain and nurture those relationships was the most satisfying to me personally. I have found that as you age, the process of identifying who might be a good friend and then figuring out how to maintain that friendship along with all the other priorities of life can be very difficult. I plan on utilizing the helpful information in those chapters to gain a new friendship and to nurture it once started. Bravo on a great book Daniel!

While many guides will tell you to go out and make friends, or to engage someone in conversation, or to make eye contact, they don't explain exactly how to go about each of those activities. In *Improve Your Social Skills*, author Daniel Wendler breaks down each component of social interaction in a way that is friendly, understandable, and practical. While many guides meticulously go through each and every body signal a person may project, this guide simply breaks down body language into two categories - "open" and "closed." Done! Now instead of over-analyzing someone's body language, I can focus on the other person and the conversation! While many guides promote tricks and gimmicks to put people down and artificially project confidence, *Improve Your Social Skills* stresses the importance of respect and relationship. I don't have to pretend to be someone else or put on airs or play a part. Instead, this guide encourages me to be my best self and make fruitful and lasting friendships with others to help them be their best selves, too. Although it would have been nice to see some tips or examples regarding workplace behavior and professionalism, I love this guide for the subjects it does cover. This guide is unlike any other, and I can't recommend it enough.

I was looking for a social skills primer because my career has transitioned from blue to white collar and the social cues in each of those worlds are completely different. At first I had a hard time finding something that taught middle class social skills at a basic enough level until I thought about who

else needed the same kind of guides, people with Aspergers. Which led me here. And this book has been amazing. Im already fitting in better in the office and communicating in a way that makes sense to those around me. I can't recommend this book enough.

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