



The Listening Life: Embracing Attentiveness in a World of Distraction

By Adam S. McHugh

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Christianity Today's 2017 Book of the Year Award - Spiritual Formation Logos Association Bookstore Award, Best Christian Living Book for 2016 Bookwiser's Favorite Books of the Year, Non-Fiction "Be quick to listen, slow to speak." James 1:19 How would our lives change if we approached every experience with the intention of listening first? In this noisy, distracting world, it is difficult to truly hear. People talk past each other, eager to be heard but somehow deaf to what is being said. Listening is an essential skill for healthy relationships, both with God and with other people. But it is more than that: listening is a way of life. Adam McHugh places listening at the heart of our spirituality, our relationships and our mission in the world. God himself is the God who hears, and we too can learn to hear what God may be saying through creation, through Scripture, through people. By cultivating a posture of listening, we become more attentive and engaged with those around us. Listening shapes us and equips us to be more attuned to people in pain and more able to minister to those in distress. Our lives are qualitatively different?indeed, better?when we become listeners. Heed the call to the listening life, and hear what God is doing in you and the world.

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Editorial Review

Review

"At a time when we are drowning in words?both digital and spoken?this quiet little book throws us a life preserver. *The Listening Life* is gentle, thoughtful, biblical, and eminently practical. It outlines a broad theology of listening alongside specific and clear practices that teach the reader to listen in a new way. Whether you are a loud lover of words or a shy lover of solitude, this book will likely convict you." (Tish Harrison Warren, Christianity Today, The 2017 Book Awards)

"This book is an essential antidote and a welcome aid to listen well?to God and to one another." (Roy Howard, The Presbyterian Outlook, April 5, 2016)

"I say this more often than I actually do it, but this is a book that I will read again. It is easier to read about listening than actually listen, as McHugh says, but this was a very good reminder of why listening is important, and how we can better listen to God, those around us, and ourselves." (Adam Shields, Bookwi.se, December 15, 2015)

"McHugh is the author of *The Listening Life: Embracing Attentiveness in a World of Distraction*, in which he outlines a dozen traps people can fall into if they don't approach listening in the right way. . . . Good listeners are patient and unselfish, and they can recognize when it's their turn to speak. When they do so, they provide reassuring commentary or ask gentle, probing questions. *That* is the express lane to conflict resolution." (Chris Weller, Tech Insider, December 12, 2015)

"Hearing is the first sense we develop and the last to go in death. But listening is not a natural capacity. The Bible is clear on this point. We do not automatically listen to God, others, or even ourselves. McHugh's book can change the way you approach your daily conversations. It may even change your life. You should listen." (John Koessler, Christianity Today, November 2015)

"Throughout his wise and witty work, McHugh (*Introverts in the Church*) lobbies readers to prick up their ears. 'Listening,' he writes, 'comes first.' McHugh predicates this marvelous book on what lousy listeners we are, then proceeds to offer means for changing our habits. . . . McHugh writes humbly about learning to hear deeply, because 'the beginning of discipleship is listening.' He writes intimately, telling his own stories in the same tone as he retells tales from the Bible. McHugh mixes more formal writing with conversational sections, liberally quoting colleagues and resources (from John Coltrane to Homer Simpson) and including personal anecdotes, aphorisms, and loving admonishments tied together with keen humor. This is a persuasive book for those with ears ready to listen to what McHugh has to say." (Publishers Weekly, October 12, 2015)

"Listening is one of the best gifts we can give or receive. Listening changes things. Listening, the way Adam McHugh describes it, could just change the world." (Ruth Haley Barton, founder and president, Transforming Center, author of *Life Together in Christ*)

"Adam McHugh has been a significant contributor to the conversation about how introverts experience the world. His new book, *The Listening Life*, has the power to reshape how both introverts and extroverts make space for deep listening in a world that swims in the shallows. Highly recommended." (Susan Cain, cofounder of Quiet Revolution, author of *Quiet*)

"*The Listening Life* is the kind of book that made me at times not want to turn the page?because I needed to! What the book did was still my soul and remind me to be still before God?to silence the noise and open the closed doors to hear. In hearing we learn that in listening to God and to one another we enter into the graces of love. On every page Adam McHugh offers wisdom that slowly marches us into a deeper kind of life, one marked by listening to God in a way that teaches us how to listen to one another and to ourselves. There are two kinds of people: those who talk and those who listen?the former need to read this book slowly and listen well to the lesson about reverse listening, while the latter will discover fresh light on a discipline now deepened." (Scot McKnight, Julius R. Mantey Professor in New Testament, Northern Seminary)

"If it were possible to combine the voices of Dallas Willard, N. D. Wilson and Jim Gaffigan, then what you would get is Adam S. McHugh. His writing is profound, lyrical and self-deprecating in all the right ways. There are few books I want to start again once I've finished. *The Listening Life* is now one of them. I adore this stunning, important book and want to give it to everyone I know." (Emily P. Freeman, author of *Simply Tuesday*)

"Adam McHugh is a voice worth listening to. His new book will be a gift to anyone who wants to cultivate what Jesus called 'ears to hear.'" (John Ortberg, senior pastor of Menlo Park Presbyterian Church)

"Like many introverts, I can be vain about my listening skills, but reading McHugh's book forced me to reconsider my self-perception. It's true that being more quiet than talkative means that I am more available to hear, but do I really listen? Or do I only half listen to the person talking while the rest of me is listening to my own brain chatter? . . . McHugh writes with considerable charm and a great deal of wisdom and he gave me lots to think about. . . . *The Listening Life* was not written for me. But it had something to say to me anyway. So I listened." (Sophia Dembling, *Psychology Today*, January 26, 2016)

"Adam McHugh helps his readers to see that the skill of listening well begins with the heart, silent and open first to God for His word, then ready to hear others before speaking." (Michele Morin, *Living Our Days*, January 1, 2016)

About the Author

Adam S. McHugh (ThM, Princeton Theological Seminary) is an ordained Presbyterian minister and spiritual director, and a regular contributor to Susan Cain's Quiet Revolution website. He has served at two Presbyterian churches, as a hospice chaplain and as campus staff with InterVarsity Christian Fellowship. He is the author of *The Listening Life*, which won the 2017 *Christianity Today* Book Award for spiritual formation, and *Introverts in the Church*, and lives on the central coast of California.

Users Review

From reader reviews:

Nathan Herr:

This *The Listening Life: Embracing Attentiveness in a World of Distraction* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this e-book incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This specific *The Listening Life: Embracing Attentiveness in a World of Distraction* without we understand teach the one who looking at it become critical in pondering and analyzing. Don't end up being worry *The Listening Life: Embracing Attentiveness in a World of Distraction* can bring when you are and not make your handbag space or bookshelves' grow to be full because you can have it inside your lovely laptop even mobile phone. This *The Listening Life: Embracing Attentiveness in a*

World of Distraction having very good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

Marilyn Vance:

Information is provisions for those to get better life, information currently can get by anyone at everywhere. The information can be a know-how or any news even a problem. What people must be consider any time those information which is inside the former life are difficult to be find than now's taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you obtain the unstable resource then you understand it as your main information you will have huge disadvantage for you. All those possibilities will not happen within you if you take The Listening Life: Embracing Attentiveness in a World of Distraction as the daily resource information.

Carolyn Treece:

A lot of people always spent all their free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a e-book. The book The Listening Life: Embracing Attentiveness in a World of Distraction it is quite good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the actual e-book. You can m0ore quickly to read this book from your smart phone. The price is not too expensive but this book offers high quality.

Martin Duval:

Reading can called brain hangout, why? Because when you find yourself reading a book especially book entitled The Listening Life: Embracing Attentiveness in a World of Distraction the mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every word written in a guide then become one contact form conclusion and explanation in which maybe you never get previous to. The The Listening Life: Embracing Attentiveness in a World of Distraction giving you another experience more than blown away your brain but also giving you useful data for your better life on this era. So now let us show you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary investing spare time activity?

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