

## Unlearning silence : how to speak your mind, unleash talent, and live more fully

Hering, Elaine Lin, author

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### Abstrak

A paradigm-shifting book looking at the pervasive influence of silence and how we can begin to dismantle it in order to find our voices at home and at work Having a seat at the table doesn't mean that your voice is actually welcome. Knowing something is wrong doesn't mean it's easy to speak up. In fact, there are incentives for many of us to stay silent. Why speak up if you know that it won't be received well, and in fact, often makes things worse? In Unlearning Silence, Hering explores how we've learned to be silent, how we've benefited from silence, how we've silenced other people-and how we might choose another way. She teaches how to recognize and unlearn unconscious patterns so we can make more intentional choices about how we want to show up in at home and at work. Only by unlearning silence can we more fully unleash talent, speak our minds, and be more complete versions of ourselves... and help other people do the same. With compassion, clarity, and understanding, Hering guides readers through real-life examples and offers a concrete road map for doing this vital and challenging work"-- Provided by publisher