

You Can't Text a Tough Conversation

author: Mike Bechtle

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Synopsis

author	Mike Bechtle
readBy	Claton Butcher
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As our use of technology has increased, our communication skills have decreased. We text when we should talk. We tweet firings and breakups. Technology creates the illusion of being in touch, but we lose the deeper meaning conveyed by body language, facial expression, and tone of voice. What we need are real, face-to-face conversations. Have we lost that art?

Whether it's with a spouse, a friend, a boss, a co-worker, or children, tough conversations can create high anxiety. Communication expert Mike Bechtle offers practical help. He shows listeners how to build strong relationships and teaches tried-and-true methods to navigate the muddy waters of tough conversations. Listeners learn to be better listeners, give and receive genuine feedback, saturate their relationships with kindness, and much more. With the right skills and tools, anyone can feel more confident handling a tough conversation.

Reader's comments

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