

## **“Hearing”**

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**Hearing** someone involves more than just listening to what is being said. To actually hear what's said you must really pay attention. To ready yourself to consistently pay attention, you must:

- Stop thinking about other things while a person is speaking to you.
- Avoid being so eager to say something yourself that you miss what the other person said.
- Get regular sleep.
- Avoid being so tired (or so hung over) that your real objective is just remaining awake.
- Stay healthy in mind and body. Sick people lack the ability to concentrate their thinking on something for extended periods of time.

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