



# How to Start and Make a Conversation: How to Talk to Anyone in 30 Seconds or Less

*Christopher Gottschalk*

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Whenever you talk to someone, you have less than ten seconds to capture their attention and another twenty to hold it to you. This window, or opening to getting to know someone is incredibly vital for every salesman, marketing exec, or manager out there who has ever had an important phone call or meeting. But, it is equally as important for the scores of individuals who feel nervous or uncomfortable talking to strangers a figure estimated by many psychological studies to be upwards of 70% of individuals. Being able to have a quick and comfortable conversation can be helpful in almost every aspect of your life, in your career, your family, and your love life.

This book was written for those in the vast majority who feel nervous or unhinged the second they step into an unfamiliar conversation. In 30 seconds or less, with this book, you will be able to start and hold a conversation with nearly anyone. You will learn how to start making small talk and what is so important about being able to hold a conversation to start with.

From the basic tenets of how you feel about yourself to how you assume other people see you, you will learn what conversation entails and what you can expect in one when you let down your guard and simply start talking. You will learn how to start a conversation and what people do to keep a conversation going. You will learn some basic concepts of what people are interested in talking about and how to avoid those awkward pauses through preparation.

Social interaction and discussion has been discussed with leaders in business, education, and psychology and their insights have been included to help even the shyest of individuals understand what they need to know to effectively start and hold conversations with anyone regardless of their current situation.

Learn how to carry the clout in a conversation and which crimes and misdemeanors you can avoid to keep from feeling embarrassed. Learn how to gracefully exit a casual conversation and finally learn how to meet new people and find conversations to start by attending or holding networking events, holiday parties, or attending the much dreaded singles scene. For anyone who has ever felt shy and uncomfortable, this book is a necessary tool for understanding and initiating conversation.

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