

## Gabriella van Rij Releases a Concise Guide for Enhanced Communication, Featuring Comics and Story Scenarios



Most of us know we can stand to improve our communication style... but how? And what if we don't know what we are doing wrong?

Gabriella van Rij, speaker, author, and activist for Kindness has written a little book, *Watch Your Delivery: Unfiltered, Uncensored, Unacceptable*, that showcases hilarious scenarios of communication gone awry, told in comic and story format.

The book is divided into six parts, each part featuring a certain aspect of communication, some of which are familiar—tone and body language; others are a new take on what causes ineffective communication—split-second judgments, action/reaction, and fear-based communication. Each part contains example scenarios, such as an irate parent at a Little League baseball game and customers wrestling with automated customer service call centers. The book ends with how to become a more effective communicator.

When asked what her highest hope is for this book, author Gabriella says, "It's not that what I am saying is new, but I want readers to say [after reading the book], 'I'm more aware of my actions and reactions, of the tone, the words, the body language, and the split-second judgment that I have.' I want to give people that shift in their thinking and help people pull back and say, 'They can say what they want. I don't need to react to it.'"

Readers are connecting to Gabriella's fresh take on this much-covered topic. "It's so important to take that breath and remind yourself that HOW you speak and communicate can change your results for the better and make others feel taken care of," says Hollyjean Cosner.

Gabriella is known for her two previous books: *With All My Might*, her mesmerizing memoir of one of the first cross-cultural adoptions, and *I Can Find My Might*, a part self-help, part practical resource for students, parents, and educators on bullying and self-acceptance. *Watch Your Delivery* is Gabriella's third and latest book, based on one of her popular presentations of the same name.

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