



ANTES DE QUE
OPRIMA
ENVIAR

PREVIENIENDO DOLORES DE CABEZA Y DE CORAZÓN

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Antes de que oprima enviar (Before You Hit Send)

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by Dr. Emerson Eggerichs

Read by Johnny Peña

Every day brings new examples of people "Hitting Send" too soon and regretting it.

Our methods of communication today allow information to be broadcast to everyone from Illinois to China, and it's not only Twitter fanatics who sometimes find themselves in trouble: everyone is capable of falling prey to verbal and written blunders. It makes no difference if we're talking to a stranger over a meat counter, chatting on a cell phone with our mother, or sending an email to a coworker: we can and do miscommunicate, and people can and do get the wrong idea. When we don't pause long enough to think before communicating, misunderstandings and clashes often result.

Before You Hit Send uncovers why we consciously and subconsciously get into these communication disasters and proposes four questions that we'd be wise to consider before "Hitting Send":

- Is it true?
- Is it kind?
- Is it necessary?
- Is it clear?

When we ask and answer these four questions honestly, we'll be thinking wisely before "Hitting Send," preventing and better managing workplace strife, our public persona, familial relationships, and more.

AUTHOR

Dr. Emerson Eggerichs is an internationally known communication expert who has addressed a wide range of groups, including the NFL, the US Navy SEALs, and members of Congress. The author of the New York Times bestseller *Love & Respect*, he holds a PhD in child and family ecology from Michigan State University, a BA in Biblical Studies from Wheaton College, an MA in communications from Wheaton College, and an MDiv from the University of Dubuque Theological Seminary.

READ BY

Johnny Peña is a Spanish voice actor from the Valle del Cauca in Colombia who works on radio commercials, institutional narration, and audiobooks. He began voice acting by imitating the voices from television shows such as *Bonanza* and *Wonder Woman* and, since moving to the US in 2005, has recorded voiceover for clients such as