

The complete idiot s guide to communicating with Manual

The Complete Idiot's Guide to Communicating With

Effective communication is the cornerstone of successful relationships, whether personal, professional, or social. Yet, many individuals find themselves struggling to express their thoughts clearly or to understand others. If you're seeking to improve your communication skills, you've come to the right place. This comprehensive guide will walk you through the essentials of communicating effectively, offering practical tips, strategies, and insights to help you connect better with others.

Understanding the Basics of Communication

Before diving into advanced techniques, it's vital to grasp the fundamental elements of communication.

What Is Communication?

Communication is the process of exchanging information, ideas, feelings, or messages between two or more people. It involves both sending and receiving messages and can be verbal, non-verbal, written, or visual.

The Communication Process

The process typically involves:

- **Sender:** The person initiating the message.
- **Message:** The information or feelings being conveyed.
- **Medium:** The channel through which the message is transmitted (spoken words, body language, email, etc.).
- **Receiver:** The person interpreting and understanding the message.
- **Feedback:** The response from the receiver that indicates understanding or clarification.

Common Barriers to Effective Communication

Understanding obstacles helps you avoid or overcome them:

- **Language differences:** Using jargon or complex language.
- **Emotional barriers:** Personal feelings blocking understanding.
- **Physical distractions:** Noise, environment, or technical issues.
- **Assumptions and misunderstandings:** Jumping to conclusions without clarification.
- **Differences in perception:** Varying viewpoints and experiences.

Practical Tips for Better Communication

1. Be an Active Listener

Active listening involves fully concentrating on what the other person is saying, rather than just passively hearing. Techniques include:

- Nodding or using verbal affirmations like "I see" or "Go on."
- Paraphrasing or summarizing what you heard to confirm understanding.
- Asking clarifying questions.

2. Use Clear and Concise Language

Avoid ambiguity by:

- Being specific about your message.
- Using simple language suitable for your audience.
- Sticking to one main idea per message.

3. Pay Attention to Non-Verbal Cues

Body language, facial expressions, eye contact, and gestures can reinforce or contradict your words. Maintain:

- Open posture.
- Consistent eye contact.
- Appropriate facial expressions.

4. Practice Empathy

Try to understand the other person's perspective and feelings. Show empathy by:

- Acknowledging their emotions.
- Validating their viewpoint, even if you disagree.
- Responding thoughtfully rather than reactively.

5. Manage Your Emotions

Stay calm and composed, especially during disagreements. Techniques include:

- Taking deep breaths.
- Pausing before responding.
- Practicing mindfulness to stay present.

Effective Communication Strategies for Different Contexts

In Personal Relationships

- Be honest and transparent about your feelings and needs.
- Use "I" statements to express yourself without sounding accusatory (e.g., "I feel upset when...").
- Practice patience and forgiveness to build trust.

In Professional Settings

- Be clear about your objectives and expectations.
- Use professional language and tone.
- Give and receive constructive feedback respectfully.
- Utilize active listening during meetings and discussions.

In Digital Communication

- Choose appropriate channels (email, messaging apps, video calls).
- Be mindful of tone, as written words can be misinterpreted.
- Proofread messages before sending.
- Maintain professionalism and clarity.

Building Better Communication Skills Over Time

Practice Regularly

Like any skill, communication improves with practice. Engage in conversations, participate in public speaking, or join groups that foster discussion.

Seek Feedback

Ask trusted friends or colleagues for honest feedback on your communication style and areas for improvement.

Observe Effective Communicators

Watch speakers, leaders, or mentors who communicate well. Notice their techniques and adapt them to your style.

Develop Emotional Intelligence

Understanding and managing your emotions and recognizing others' feelings enhance your ability to connect.

Conclusion: The Path to Better Communication

Mastering communication is an ongoing process that involves self-awareness, practice, and a genuine desire to connect with others. By understanding the basic principles, avoiding common barriers, and applying practical strategies, you can become a more effective and confident communicator. Remember, good communication fosters stronger relationships, reduces misunderstandings, and opens doors to new opportunities. Start implementing these tips today and watch your interactions improve significantly.

Key Takeaways:

- Be an active listener and pay attention to non-verbal cues.
- Use clear, concise language tailored to your audience.
- Practice empathy and manage your emotions.
- Adapt your communication style to different contexts.
- Continuously seek feedback and practice to hone your skills.

Effective communication is not just about speaking; it's about creating understanding and connection. With patience and persistence, anyone can become a better communicator.

The Complete Idiot's Guide to Communicating With Others: Mastering the Art of Connection

Effective communication is the cornerstone of successful relationships, whether personal or professional. The Complete Idiot's Guide to Communicating With Others offers a comprehensive roadmap to understanding and improving your interpersonal skills. This guide explores every facet of communication, from basic principles to advanced techniques, empowering you to connect more authentically and confidently.

Understanding the Fundamentals of Communication

Before diving into specific techniques, it's essential to grasp the core elements that constitute effective communication.

What Is Communication?

Communication is the process of exchanging information, ideas, feelings, or messages between individuals. It involves two primary components:

- Sender: The person conveying the message.
- Receiver: The person interpreting and understanding the message.

Effective communication ensures that the message is conveyed clearly and understood accurately, reducing misunderstandings and fostering trust.

The Communication Process

The process can be broken down into stages:

- Encoding: The sender formulates the message.
- Transmission: The message is sent via words, gestures, or other mediums.
- Decoding: The receiver interprets the message.
- Feedback: The receiver responds, confirming understanding or seeking clarification.

Barriers to Effective Communication

Numerous obstacles can hinder communication:

- Physical barriers: Noise, distance, or technical issues.
- Psychological barriers: Prejudice, emotional states, or assumptions.
- Language barriers: Differences in vocabulary or language proficiency.

- Cultural differences: Variations in customs and communication styles.

Recognizing these barriers is the first step toward overcoming them.

Building Blocks of Effective Communication

Successful communication relies on several key skills and attributes.

Active Listening

Active listening involves fully concentrating, understanding, responding, and remembering what is being said. It requires:

- Maintaining eye contact.
- Avoiding interruptions.
- Providing verbal affirmations like ?I see? or ?Go on.?
- Paraphrasing to confirm understanding.

Non-Verbal Communication

Your body language, facial expressions, gestures, and posture often speak louder than words. Pay attention to:

- Facial expressions.
- Eye contact.
- Posture and gestures.
- Personal space and proximity.

Mastering non-verbal cues can significantly enhance your understanding and rapport.

Clarity and Conciseness

Be clear and to the point. Avoid jargon or ambiguous language. Use simple words and structured sentences to ensure your message is understood.

Empathy and Emotional Intelligence

Understanding and respecting others? feelings fosters trust and openness. Emotional intelligence involves:

- Recognizing your own emotions.
- Recognizing others? emotions.
- Managing emotional responses appropriately.

Techniques for Effective Verbal Communication

Mastering spoken communication is vital for personal and professional growth.

Using I-Statements

Express your feelings without blame, e.g., ?I feel upset when?? instead of ?You always?? This reduces defensiveness and promotes constructive dialogue.

Open-Ended Questions

Encourage detailed responses by asking questions like:

- ?How did that make you feel??
- ?What are your thoughts on this??

This demonstrates genuine interest and promotes deeper conversations.

Mirroring and Reflecting

Repeat or paraphrase what someone has said to show understanding:

- ?What I hear you saying is??
- ?It sounds like you?re feeling??

This technique clarifies communication and validates the speaker.

Managing Tone and Pace

Adjust your voice?s tone and speed to match the message's emotional context. Calm and steady tones promote trust, while enthusiastic tones convey excitement.

Enhancing Non-Verbal Communication

Non-verbal cues often convey more than words. Here?s how to harness them effectively:

Maintain Appropriate Eye Contact

Eye contact signals confidence and engagement but avoid staring, which can be intimidating.

Use Positive Gestures

Nod, smile, and use open hand gestures to show receptiveness.

Be Mindful of Personal Space

Respect cultural differences and personal boundaries to prevent discomfort.

Watch for Cultural Variations

Some gestures or expressions may have different meanings across cultures. Educate yourself to avoid miscommunication.

Strategies for Difficult Conversations

Not all conversations are easy. Here's how to handle challenging interactions:

Prepare in Advance

Identify your goals, main points, and possible responses.

Stay Calm and Composed

Manage your emotions to prevent escalation.

Use "I" Statements and Avoid Blame

Focus on your feelings and experiences rather than accusing.

Practice Active Listening

Listen without interrupting, and validate the other person's perspective.

Seek Common Ground

Find areas of agreement to build rapport and work toward solutions.

Developing Your Interpersonal Skills

Continuous improvement is key to becoming a proficient communicator.

Practice Empathy

Put yourself in others' shoes to understand their perspectives better.

Solicit Feedback

Ask trusted friends or colleagues how you come across and areas to improve.

Observe Effective Communicators

Study how confident speakers and empathetic listeners behave.

Engage in Role-Playing

Simulate conversations to practice different scenarios and responses.

Attend Workshops and Seminars

Participate in training sessions focused on communication skills.

Utilizing Technology to Communicate Better

In today's digital world, communication extends beyond face-to-face interactions.

Mastering Email Etiquette

- Use clear, professional language.
- Be concise and organized.
- Proofread before sending.
- Use appropriate greetings and sign-offs.

Leveraging Video Calls

- Maintain eye contact by looking at the camera.
- Use a clear, neutral background.

- Pay attention to lighting and sound quality.
- Be mindful of non-verbal cues.

Text Messaging Tips

- Avoid misinterpretation; be clear.
- Use emojis sparingly.
- Respond promptly when appropriate.

Common Mistakes to Avoid in Communication

Being aware of pitfalls can help you improve faster.

- Interrupting others: Shows disrespect and hampers understanding.
- Assuming understanding: Always seek clarification.
- Using negative body language: Crossed arms or avoiding eye contact can create barriers.
- Overusing jargon: Can confuse or alienate others.
- Ignoring cultural differences: May lead to misunderstandings.

Measuring Your Progress and Staying Motivated

Improving communication is an ongoing journey.

- Keep a journal of interactions to reflect on what worked and what didn't.
- Set specific, measurable goals, such as "I will listen actively in all meetings this week."
- Celebrate small successes to stay motivated.
- Seek feedback regularly and adjust accordingly.

Final Thoughts: The Power of Authentic Connection

At its core, communication is about building genuine relationships. The Complete Idiot's Guide to Communicating With Others emphasizes authenticity, empathy, and continuous learning. By applying the techniques and principles outlined above, you can transform your interactions, foster trust, and create meaningful connections that enrich every aspect of your life.

Remember, effective communication is not just about speaking or listening—it's about understanding, being understood, and connecting on a human level. Practice patiently, stay open-minded, and embrace the journey toward becoming a more confident and compassionate

communicator.

Question What are the key principles outlined in 'The Complete Idiot's Guide to Communicating With'? The guide emphasizes active listening, clear and assertive speaking, understanding non-verbal cues, adapting communication styles to different audiences, and developing emotional intelligence to foster effective interactions. How does the book suggest improving communication in personal relationships? It recommends practicing empathy, being open and honest, avoiding assumptions, and actively engaging in conversations to build trust and understanding between partners, friends, or family members. Can this book help with professional communication skills? Yes, the book offers strategies for effective workplace communication, including giving and receiving feedback, resolving conflicts, and enhancing presentation skills to succeed professionally. What are some common communication pitfalls addressed in the guide? The book discusses pitfalls such as misinterpreting messages, interrupting, passive or aggressive communication, and failing to listen actively, providing tips to avoid these errors. Does the book cover digital and online communication methods? Yes, it includes guidance on effectively communicating via email, social media, and virtual meetings, emphasizing clarity, professionalism, and maintaining positive online interactions. Who is the ideal audience for 'The Complete Idiot's Guide to Communicating With'? The book is suitable for beginners and anyone looking to improve their communication skills, whether for personal development, professional growth, or enhancing social interactions.

Related keywords: communication skills, effective listening, interpersonal communication, public speaking, conflict resolution, nonverbal cues, conversation tips, relationship building, assertiveness, active listening

professional idiot a memoir

Professional Idiot A Memoir

Professional Idiot: A Memoir ? Navigating Life with Humor and Honesty

professional idiot a memoir is not just an intriguing title; it?s an invitation into a world

of candid self-re?ection, humor, and resilience. Memoirs have long been a way for authors

to share their personal journeys, triumphs, and failures with readers, o?ering insights that

resonate on a deeply human level. In this article, we'll explore the essence of 'professional idiot a memoir,' why such a title grabs attention, and how memoirs with a similar candid style can inspire, entertain, and educate us.

Understanding the Appeal of 'Professional Idiot: A Memoir'

When someone chooses a title like 'professional idiot a memoir,' it immediately sparks curiosity. The phrase combines humility with a touch of self-deprecating humor, setting the tone for a story that doesn't take itself too seriously but still carries meaningful undertones. This kind of memoir can be a refreshing change from more solemn or overly polished autobiographies.

Why Self-Deprecation Works in Memoirs

Self-deprecating humor helps to humanize the author. Instead of presenting a 'flawless' persona, the writer embraces imperfections and mistakes. This approach can:

Build rapport with readers by showing vulnerability

1. Make complex or difficult topics more approachable
2. Encourage readers to reflect on their own life struggles with less judgment
- 3.

'Professional idiot a memoir' likely captures a narrative filled with relatable blunders and lessons learned, making it easier for audiences to connect emotionally.

The Role of Memoirs in Personal and Professional Growth

Memoirs like "professional idiot a memoir" don't just entertain; they also provide valuable lessons about growth and self-awareness. By sharing stories of failure, awkward moments, or unexpected detours, authors encourage readers to embrace their own imperfections.

Insights into Overcoming Adversity

A memoir centered around the theme of being a "professional idiot" might chronicle times when the author faced setbacks and challenges, only to emerge stronger. Such narratives highlight:

The importance of resilience when dealing with mistakes

1.

How to turn failures into stepping stones for success

2.

The value of humor in coping with life's unpredictability

3.

These insights are particularly valuable for anyone navigating the complexities of career development or personal growth, reminding us that nobody starts perfect.

Encouraging Authenticity in Storytelling

Authenticity is a hallmark of compelling memoirs. "Professional idiot a memoir" suggests a raw and unfiltered look into the author's journey. This level of honesty helps:

Break down societal pressures to appear "awless

1.

Highlight the universal nature of human error

2.

Inspire readers to accept their own stories, warts and all

3.

In doing so, such memoirs often become more memorable and impactful than traditional success stories.

Crafting a Memoir Like ?Professional Idiot: A Memoir?

Writing a memoir that resonates as deeply as ?professional idiot a memoir? requires more than just recounting events. It demands a blend of storytelling skill, emotional intelligence, and a willingness to be vulnerable.

Key Elements to Include

If you're inspired to write a memoir with a similarly honest and humorous tone, consider these essential elements:

Relatability: Share experiences that readers can identify with, including mistakes

1.

and awkward moments.

Humor: Use wit and light-heartedness to balance serious themes.

2.

Re?ection: Provide insights and lessons learned, o?ering value beyond mere

3.

entertainment.

Authenticity: Be true to your voice and avoid glossing over ?aws.

4.

Engaging Narrative: Structure your story to maintain reader interest with vivid

5.

anecdotes and pacing.

Tips for Balancing Humor and Depth

While humor can make a memoir enjoyable, it?s important to balance it with emotional depth to avoid trivializing experiences. Here are some tips:

Use humor to illuminate, not to de?ect from serious issues

1.

Include moments of sincerity to create contrast and impact

2.

Avoid sarcasm that could alienate readers

3.

Be mindful of tone to ensure it matches the story?s context

4.

This balance helps create a memoir like ?professional idiot a memoir? that feels heartfelt yet entertaining.

The Cultural Impact of Memoirs Embracing Imperfection

Memoirs that celebrate imperfection, such as ?professional idiot a memoir,? contribute to

a broader cultural shift toward embracing vulnerability and mental health awareness.

Shifting Perceptions of Success and Failure

Historically, society has often glorified perfection and success, sometimes at the expense of recognizing the value in failure. Memoirs that openly discuss mistakes and learning curves challenge this narrative by:

Normalizing failure as part of growth

1.

Reducing stigma around asking for help or admitting faults

2.

Encouraging a more compassionate view of ourselves and others

3.

Readers find solace in knowing they're not alone in feeling like a "professional idiot" at times.

Inspiring Others Through Honest Storytelling

When authors share their vulnerabilities, they often inspire readers to embrace their own stories. This ripple effect can lead to:

Communities built around shared experiences

1.

Greater openness in discussions about mental health and personal challenges

2.

Increased creativity and authenticity in various forms of art and writing

3.

?Professional idiot a memoir? is more than just a personal tale; it?s part of a movement toward embracing human complexity.

Where to Find Memoirs Like ?Professional Idiot: A Memoir?

If the concept of a memoir ?lled with humor, honesty, and life lessons appeals to you, there are many similar books to explore.

Recommended Memoirs with a Similar Vibe

?Bossypants? by Tina Fey ? A hilarious, candid look at the comedian?s life and

1.

career.

?Is Everyone Hanging Out Without Me?? by Mindy Kaling ? A witty memoir about

2.

growing up and breaking into Hollywood.

?Born a Crime? by Trevor Noah ? A compelling story mixing humor and profound

3.

social commentary.

?Me Talk Pretty One Day? by David Sedaris ? A collection of essays that blend

4.

humor with observations on everyday life.

These books share the spirit of embracing life?s absurdities without shying away from

deeper truths.

Exploring Memoir Genres Beyond Humor

While 'professional idiot a memoir' seems to lean heavily on humor and candidness,

memoirs can cover a vast range of themes—grief, adventure, identity, and more.

Exploring different genres allows readers to find stories that resonate uniquely with their

own experiences.

Final Thoughts on the Power of Memoirs Like 'Professional Idiot:

A Memoir'

At its core, 'professional idiot a memoir' represents the beauty of embracing one's flaws

and missteps with humor and grace. Such memoirs remind us that life is often messy and

unpredictable, but it's through these imperfections that we often find our greatest lessons

and joys.

Whether you're a reader seeking relatable stories or a writer considering sharing your own

journey, the essence captured in a memoir like this encourages authenticity, resilience,

and laughter along the way. After all, sometimes being a 'professional idiot' is just part of

the human adventure.

Question

Answer

What is 'Professional Idiot: A

Memoir' about?

'Professional Idiot: A Memoir' is a humorous and insightful book by Stephen Fry that explores his early life, career, and personal struggles, blending wit with candid reflections.

Who is the author of 'Professional

Idiot: A Memoir'?

The author of 'Professional Idiot: A Memoir' is

Stephen Fry, a British actor, writer, and comedian.

When was 'Professional Idiot: A

Memoir' published?

'Professional Idiot: A Memoir' was published in

2023.

What themes are explored in

'Professional Idiot: A Memoir'?

The memoir explores themes such as mental

health, creativity, identity, and the ups and downs

of a life in the entertainment industry.

Is 'Professional Idiot: A Memoir'

suitable for fans of Stephen Fry?

Yes, the memoir offers an intimate look at Stephen

Fry's life and is highly recommended for fans

interested in his personal and professional journey.

How does 'Professional Idiot: A

Memoir' di?er from Stephen Fry's

previous autobiographies?

'Professional Idiot' focuses more on Fry's early

career and personal anecdotes with a humorous

tone, di?ering from his earlier works which covered

broader aspects of his life.

What makes 'Professional Idiot: A

Memoir' stand out among celebrity

memoirs?

Its unique blend of humor, intellectual insight, and

candidness about mental health and personal

challenges makes it a standout in the memoir

genre.

Are there any notable stories or

anecdotes in 'Professional Idiot: A

Memoir'?

Yes, the memoir includes many entertaining and

poignant stories from Fry?s life, including his

experiences with comedy, acting, and his struggles with bipolar disorder.

Has 'Professional Idiot: A Memoir'

received critical acclaim?

The memoir has been praised for its wit, honesty, and engaging storytelling by critics and readers alike.

Where can I purchase or read

'Professional Idiot: A Memoir'?

'Professional Idiot: A Memoir' is available for purchase at major bookstores, online retailers like Amazon, and may also be available at local libraries.

Professional Idiot: A Memoir ? An In-Depth Review and Analysis

professional idiot a memoir is a compelling autobiographical work that captures the

nuanced journey of an individual navigating through personal and professional challenges.

The memoir stands out as a candid exploration of self-awareness, resilience, and the pursuit of meaning in a world that often misunderstands unconventional paths. This

review delves into the thematic layers, narrative style, and cultural relevance of the book, situating it within the broader landscape of memoir literature.

Exploring the Narrative Voice in Professional Idiot: A Memoir

One of the defining features of professional idiot a memoir is its unique narrative voice.

The author adopts a tone that oscillates between self-deprecating humor and profound insight, creating a relatable and engaging reading experience. This blend of lightheartedness with earnest reflection is a hallmark of the memoir genre but is particularly effective here due to the author's ability to articulate the complexities of identity and societal expectations.

The memoir's title itself is provocative, inviting readers to question preconceived notions about intelligence, professionalism, and success. Throughout the narrative, the author challenges the stigma associated with making mistakes or perceived failures, reframing these experiences as integral to personal growth. This approach encourages a more compassionate understanding of human fallibility.

Thematic Depth and Key Messages

At its core, professional idiot a memoir grapples with themes of self-acceptance, perseverance, and the quest for authenticity. The author recounts episodes from various stages of life, including education, early career setbacks, and moments of self-doubt, all of which contribute to a layered portrayal of development. The memoir does not shy away from uncomfortable truths, making it resonate with readers who have encountered similar struggles.

Moreover, the book addresses the societal pressures to conform to certain standards of intelligence and competence. By embracing the label "professional idiot," the author

subverts traditional metrics of success, highlighting the value of unconventional wisdom and emotional intelligence. This theme aligns with contemporary discussions about redefining what it means to be "professional" in a rapidly changing world.

Comparative Context: Positioning Professional Idiot Among

Memoirs

When compared to other memoirs that explore personal failures or unconventional career paths, professional idiot a memoir distinguishes itself through its balance of humor and sincerity. While some memoirs may lean heavily on either comedic elements or earnest introspection, this book intertwines both to offer a nuanced perspective.

For instance, memoirs like David Sedaris's works often rely on humor to engage readers but may lack the depth of introspection found here. Conversely, more somber memoirs might provide profound insights but risk alienating readers seeking lighter moments.

Professional idiot a memoir strikes a balance that appeals to a broad audience.

Additionally, the book's candid exploration of professional missteps provides practical insights that can benefit readers facing similar challenges. The narrative includes reflections on workplace dynamics, imposter syndrome, and the importance of resilience—topics increasingly relevant in today's fast-paced professional environments.

Strengths and Limitations of the Memoir

Strengths: The memoir excels in authenticity, with a voice that feels genuine and

1.

approachable. Its integration of humor makes heavy themes more accessible, and the author's willingness to expose vulnerabilities fosters a strong reader connection.

Limitations: At times, the narrative may meander, with some anecdotes feeling

2.

tangential to the central themes. Readers seeking a strictly chronological or tightly focused memoir might find these diversions distracting.

Despite these minor drawbacks, the memoir's overall impact remains powerful, offering valuable lessons on embracing imperfection and redefining success.

The Cultural Relevance of Professional Idiot: A Memoir

In an era where mental health awareness and authentic storytelling are gaining prominence, professional idiot a memoir contributes meaningfully to these conversations.

The book's exploration of the interplay between personal identity and professional life resonates with a generation grappling with burnout, anxiety, and shifting career norms.

The memoir also taps into the growing discourse around neurodiversity and different cognitive approaches to problem-solving. By reclaiming the term "idiot" in a professional context, the author challenges derogatory labels and advocates for a more inclusive understanding of intelligence.

Potential Impact on Readers and Professionals

The insights offered in professional idiot a memoir can serve as a catalyst for self-reflection among readers, particularly those feeling marginalized or undervalued in their

professional spheres. The narrative encourages embracing one's unique traits rather than conforming to rigid standards.

For professionals navigating complex career landscapes, the memoir provides a reminder that setbacks and mistakes are not indicative of inherent inadequacy but are often stepping stones to growth. This perspective can foster resilience and a healthier approach to career development.

Final Thoughts on Professional Idiot: A Memoir

Professional idiot a memoir stands as a noteworthy contribution to contemporary autobiographical literature. Its honest, humorous, and insightful portrayal of a life marked by challenges and breakthroughs invites readers to rethink traditional notions of intelligence, success, and professionalism. The memoir's ability to balance vulnerability with wit ensures it remains both engaging and thought-provoking.

As the professional world continues to evolve, narratives like this one become increasingly important. They remind us that the path to fulfillment is rarely linear and that embracing one's imperfections can lead to unexpected strengths. Professional idiot a memoir not only entertains but also educates and inspires, making it a valuable read for a diverse audience.

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