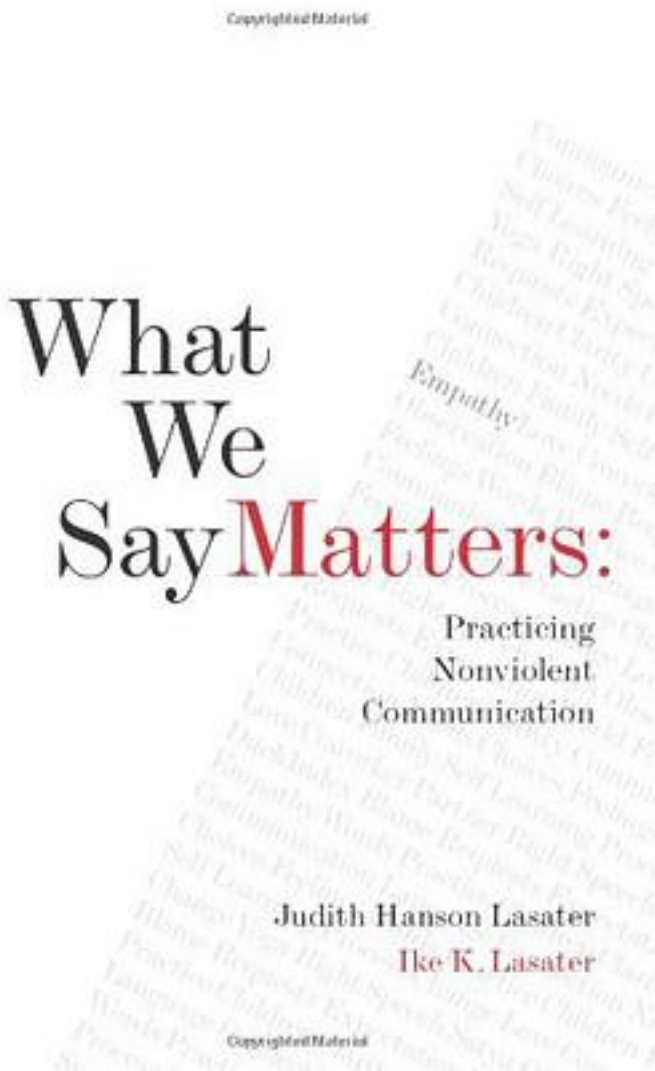


What We Say Matters



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For yoga teacher Judith Hanson Lasater and her husband, mediator Ike K. Lasater, language is a spiritual practice based on giving and receiving with compassion. In *What We Say Matters*, they offer new and nurturing ways of communicating. Long-term students of yoga and Buddhism, the authors here blend the yoga principle of satya (truth) and the Buddhist precept of right speech with Marshall Rosenberg's groundbreaking techniques of Nonviolent Communication (NVC) in a fresh formula for promoting peace at home, at work, and in the world. The authors offer practical exercises to help readers in any field learn to diffuse anger; make requests rather than demands or assign blame; understand the difference between feelings and needs; recognize how they strategize to get needs met; choose connection over conflict; and extend empathy to themselves and others.

作者介绍:

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标签

英文原版

评论

真希望能快点做得到进行nonviolent communication…(´・_・`)

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