

What We Say Matters Practicing Nonviolent Communication Judith Hanson Lasater

What We Say Matters Summary of What We Say Matters – [Review Keypoints and Take-aways] Yoga Abs Living Your Yoga Words That Work in Business, 2nd Edition Yoga Myths What We Say and How We Say It Matter What We Say Matters Talk Matters! Measure What Matters Teaching Yoga with Intention From Conflict to Connection What Got You Here Won't Get You There The Tao of Motherhood Your Cells Are Listening Relax and Renew Outliers Language at the Speed of Sight Divided We Fall The 7 Habits of Highly Effective People

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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.

~~What We Say Matters: Practicing Nonviolent Communication...~~

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~~What We Say Matters: Practicing Nonviolent Communication ...~~

In What We Say Matters, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion—everywhere, all the time—whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge—even in writing this book!

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What We Say Matters: Practicing Nonviolent Communication ... Full Book Name: What We Say Matters: Practicing Nonviolent Communication. Author Name: Judith Hanson Lasater. Book Genre: Business, Communication, Language, Leadership, Nonfiction, Psychology, Relationships, Self Help, Spirituality. ISBN # 9781930485242. [PDF] [EPUB] What We Say Matters: Practicing

~~What We Say Matters Practicing Nonviolent Communication~~

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~~Judith Hanson Lasater—What We Say Matters: Practicing ...~~

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What We Say Matters: Practicing Nonviolent Communication (2010) By Judith Hanson Lasater & Ike Lasater, available for purchase at Amazon. For yoga teacher Judith Hanson Lasater and mediator Ike K. Lasater, language is a spiritual practice based on giving and receiving with compassion.

~~What We Say Matters—Ike Lasater~~

About What We Say Matters 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.

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What We Say Matters describes the Lasaters ' experience with Nonviolent Communication, a technique pioneered by Marshall Rosenberg, under whom they have both studied. Nonviolent Communication is a way of focusing on intention behind your words, being connected to what you say, feel and mean, and essentially practicing spiritual speech.

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