

"If I had just one book to recommend about
interpersonal communication, it would be this one."

— RICK HANSON, PH.D.

say what you mean

a mindful approach to
nonviolent
communication

Oren Jay Sofer

how to find your voice, speak your truth & listen deeply

FOREWORD BY Joseph Goldstein

Oren Jay Sofer

Say What You Mean: A Mindful Approach to Nonviolent Communication



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In this groundbreaking synthesis of mindfulness, somatics, and non-violent Communication, Oren Jay Sofer offers simple yet powerful procedures to build up healthy, effective, and satisfying means of communicating. helpful information to more meaningful and mindful conversations. counting on old habits and hoping for the very best? Are we able to really hear others and speak our mind in a obvious and kind way, without having to get defensive or go on the attack? We spend thus much of our lives talking to each other, but just how much are we simply running on automatic—Discover your voice, speak your truth, listen deeply— The techniques in Say What You Mean will help you to: · Feel confident during conversation · Stay focused on what really matters within an interaction · Reduce stress before and during challenging conversations · Discover nourishment in day-to-time interactions Pay attention for the authentic concerns behind what others state ·



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This book, *Say EVERYTHING YOU Mean*, is a intensify. I found that just how Sofer obviously and expressively brought numerous ideas (mindfulness, non-violent Communication, and somatics) jointly was a joy. Works out, I discovered this to become a valuable read. I've encountered almost all the suggestions before, but I treasure the way that Sofer brought these concepts together (suggestions which are clearly related, but often not really combined). I think this stands out far beyond the rest of the communication books I have read and recommend this to anyone. I am providing this out as a gift this year. The basic premise is that you need to be open to yourself also to others to become in a position to communicate in the truest and most connected way. This is a practical reserve and a deeply moving publication simultaneously, and, indeed, that is rather the point. Safer explains how the way we communicate impacts our interactions, including our romantic relationship with ourselves. The work of an eternity You can find (too) many cases of physical violence in the world every day that leads visitors to forget that just how we speak can be a way of inflicting violence about others. Since, at least at the time I am writing this, there is absolutely no "look inside" feature, listed below are the contents:

Component 1: THE INITIAL STEP: Lead With Presence

- 1: the center of our lives
- 2: the power of mindfulness
- 3: relational awareness

PART 2: THE NEXT Step: Come From Curiosity and Treatment

- 4: the blame game
- 5: where are you via? Using observations, emotions, requirements and requests, we can focus on the most important thing. We have to understand where we are coming from and where the other person is usually coming from.
- 6: don't allow call drop

PART 3: THE 3RD Step: Focus On What Matters

- 7: getting down to what matters
- 8: emotional agility
- 9: improving empathy and inner resilience
- 10: how to raise an issue without starting a fight
- 11: if you would like something, ask for it

PART 4: Bringing It All Together

- 12: the flow of dialogue
- 13: jogging the rapids
- 14: summary: charting your course

Highly recommended! This book has the potential to bring much good to your daily life, IMHO. But that's JustMe

A Step Up in this Conversation Reading books upon effective communication is definitely a hobby of mine. The entire publication builds on these three styles, showing why each can be a foundation of conversation, and teaching readers HOW to perform each. This reserve gets right to the crux of effective conversation by focusing on three basics: 1) Lead with Presence, 2) Come from Curiosity and Care, and 3) Focus on What Matters. Most of us can improve our communication, and far better communication nearly always has immediate rewards inside our lives, career, family members, etc. The section on "Lead with Existence" is particularly good. I recommend this book. It really is on a single level as Emotional Intelligence.

Exceptional book about communication and connection I have read a lot about communication and in addition about mindfulness, therefore i wasn't sure if this publication had much to offer me. I came across it better than a few of the industry leaders on this issue, like *Crucial Conversations* and *Addressing Yes*. The author will not offer a quick fix and I wonder just how many people could have the patience and persistence to read, reflect and change their own interactions. The very best book on this issue, in my opinion, is *Stage and Grunt*, by Claude Hamilton. If you are likely to read just 3 books on really improving your communication, I'd choose *Point and Grunt*, *Say EVERYTHING YOU Mean* or *Emotional Cleverness*, and *Conversational Cleverness* (by Judith Glaser). Running automatically is not the simplest way to relate. Each chapter contains examples and practices for deepening empathy, openness and attention to both the details accessible and the larger context. Unlike some authors, Sofer is very clear that the romantic relationships we form with others will rise and fall even more on our self-understanding than on any structured program. This book gives thoughtful insights along the way that we communicate along with suggestions as to improving our ability to speak and listen well. A really essential read. This seems best

suited to use with somebody, for a college seminar, or an employee development kind of activity that's practiced over time. It could provide better chance of utilizing the techniques with individuals who may be receptive to enhancing as well. Sofer includes a summary of principles, some useful phrases (while at exactly the same time reminding visitors that it requires more than plugging in the proper words and phrases), notes, a glossary and a collection of additional resources.



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