WHAT WE SAY MATTERS

Practicing Nonviolent Communication

REVISED EDITION

JUDITH HANSON LASATER
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What We Say Matters Practicing Nonviolent Communication

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What We Say Matters Practicing Nonviolent Communication:

What We Say Matters Ike K. Lasater,Judith Hanson Lasater,2016-08-09 Drawing from Buddhist and yogic precepts this practical guide offers tools for becoming a better more compassionate communicator at home at work and in the world Have you ever tried to tell someone what you want only to feel misunderstood and frustrated Or hesitated to ask for what you needed because you didn t want to burden the other person Or been stuck in blame or anger that wouldn t go away Judith and Ike Lasater long term students of yoga and Buddhism experienced dilemmas like these too Even though they had studied the yoga principle of satya truth and the Buddhist precept of right speech it was not until they began practicing Marshall Rosenberg s techniques of Nonviolent Communication NVC that they understood how to live satya and right speech 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 They guide you through an introduction to NVC with clear explanations poignant examples suggested exercises and helpful resources With practice you ll learn new ways to Extend empathy to yourself and others Distinguish between feelings and needs Make requests rather than demands Choose connection over conflict Create mutually satisfying outcomes

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Summary of What We Say Matters – [Review Keypoints and Take-aways] PenZen Summaries,2022-11-28 The summary of What We Say Matters Practicing Nonviolent Communication presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of

What We Say Matters is a guide to communicating with compassion openness and honesty and it was published in 2009 These ideas explain how to connect with your own needs as well as the needs of others while speaking in a way that clearly conveys your feelings without causing anyone else to suffer What We Say Matters summary includes the key points and important takeaways from the book What We Say Matters by Judith Hanson Lasater Ike K Lasater Disclaimer 1 This summary is meant to preview and not to substitute the original book 2 We recommend for in depth study purchase the excellent original book 3 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 4 If original author publisher wants us to remove this summary please contact us at support mocktime com

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Eckert,2010 Through a simple step by step progression this handbook provides individuals with the means to learn how to quiet their inner critic and to experience forgiveness self acceptance and empowerment Employing a methodology rooted in the principles of nonviolent communication the process lays out a path for achieving freedom from toxic and emotionally draining guilt blame and shame Examples of real world situations enable individuals to visualize how they like others can forgive themselves for past mistakes and successfully mend broken relationships The Joy of Movement Mary Lynn Hafner,2019-01-08 The Joy of Movement is a movement activity book with a therapeutic perspective A combination of old and new games to create a purpose driven physical motor curriculum Each activity is tried and kid tested This well organized and easy to use book includes fun developmentally appropriate activities that foster physical development and build self esteem The activities are built around developmental motor milestones and are flexible enough to encourage skill development for a variety of learners

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