



How to Communicate Like a Buddhist

By Cynthia Kane



How to Communicate Like a Buddhist By Cynthia Kane

An Instruction Manual for Clear Communication

The most well known Buddhist teachers on the planet all have something in common: they are excellent communicators. This is not by accident, as the Buddha taught what are called the four elements of right speech over 2,600 years ago.

In this one-of-a-kind book, certified meditation and mindfulness instructor Cynthia Kane has taken the four elements of right speech and developed them into a modern practice based on mindful listening, mindful speech, and mindful silence.

Beginning with an illuminating self-test to assess your current communication style, this book will take you through the author's own five-step practice that is designed to help you:

1. Listen to yourself (your internal and external words)
2. Listen to others
3. Speak consciously, concisely, and clearly
4. Regard silence as a part of speech
5. Meditate to enhance your communication skills

If you have ever felt misheard, have trouble stating how you feel, or long to have more meaningful and genuine conversations, this book can help. The simple steps outlined in this book will have a huge effect on how you communicate with others and yourself.

Communication is essential to being human, and when you become better at it, your personal truth becomes clearer, your relationships improve, and the result is that you experience more peace and harmony in your life.

Fans of Thich Nhat Hanh will appreciate the simple, clear instructions for how to transform everyday communication into “right speech.”

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How to Communicate Like a Buddhist By Cynthia Kane Bibliography

- Sales Rank: #93856 in eBooks
- Published on: 2016-04-18
- Released on: 2016-04-18
- Format: Kindle eBook

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Editorial Review

Review

"Engaging, clear, practical, honest and wise, Cynthia Kane has done a wonderful job illuminating for us a wise path for enhancing communication and relationships in daily life. Start with the people you're most in touch with and just imagine the ripple effects." --**Elisha Goldstein, PhD**, Co-founder of The Center for Mindful Living & author of *Uncovering Happiness*

"Well-organized, easy to digest, and overflowing with nuggets of wisdom" --**Sasha Tozzi**, writer, holistic recovery coach & humanitarian at www.sashaptozzi.com

About the Author

Cynthia Kane received her BA from Bard College and her MFA from Sarah Lawrence College and is a certified meditation and mindfulness instructor. Her work has appeared in numerous publications, including the *Washington Post*, *BBC Travel*, *Yoga Journal*, *Refinery29*, *Woman's Day*, *Pregnancy Magazine*, and the *Huffington Post*. She lives in Washington, DC and offers workshops and private programs. Visit her at www.cynthiakane.com.

Users Review

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