



What Would Buddha Say?: 1,501 Right-Speech Teachings for Communicating Mindfully

By Barbara Ann Kipfer

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, What Would Buddha Say?: 1,501 Right-Speech Teachings for Communicating Mindfully, Barbara Ann Kipfer, Poor communication lies at the heart of most relationship problems. Everyone wants to be heard, to be understood, and to be treated with respect. But in our digital age of texting and social media, it's easy to distance ourselves from the words we put out into the world, and many times, we may not be aware of the negative impact our words can have on people, whether they are our friends, family, or coworkers. This is where the concept of Right Speech comes in. An important part of the Buddhist Noble Eightfold Path, Right Speech is the philosophy that what you say can positively or negatively impact your life, as well as the lives of those around you. Speech to avoid includes divisive speech, abusive speech, lies, and idle gossip. In addition, most of what we say fails to convey what we really mean in our hearts. With this book as your guide, you'll learn thousands of tips to help you speak your truth, say what you really mean in your heart, improve all of your relationships, and...



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