



How to Communicate Like a Buddhist

By Cynthia Kane

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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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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

From reader reviews:

Kathleen Allen:

Reading a reserve tends to be new life style on this era globalization. With examining you can get a lot of information which will give you benefit in your life. Having book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Many author can inspire their own reader with their story or their experience. Not only situation that share in the books. But also they write about the ability about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on earth always try to improve their expertise in writing, they also doing some analysis before they write for their book. One of them is this How to Communicate Like a Buddhist.

Van Gee:

How to Communicate Like a Buddhist can be one of your nice books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing How to Communicate Like a Buddhist however doesn't forget the main level, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information may drawn you into new stage of crucial imagining.

Carlos Lauzon:

The book untitled How to Communicate Like a Buddhist contain a lot of information on the idea. The writer explains the woman idea with easy method. The language is very clear to see all the people, so do not necessarily worry, you can easy to read the item. The book was compiled by famous author. The author brings you in the new period of time of literary works. It is possible to read this book because you can read more your smart phone, or device, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice study.

Darlene Kidd:

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