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# **Say What You Mean A Mindful Approach To Nonviolent Communication By Oren Jay Sofer**

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and understanding in our relationships in these  
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***May 25th, 2020 - in this groundbreaking synthesis of mindfulness somatics and nonviolent munication oren jay sofer offers simple yet powerful practices to develop healthy effective and satisfying ways of municating the techniques in say what you mean will help you to feel***

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*confident during conversation'*

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*June 2nd, 2020 - buddhist teacher and nvc trainer oren  
jay sofer s say what you mean a mindful approach to  
nonviolent munication serves as a field guide for  
municating skillfully and ethically by integrating  
mindfulness and nvc practices into our personal lives the  
book is packed with advice and exercises to help readers  
break old habits of thought'*

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*June 5th, 2020 - he holds a degree in parative religion  
from columbia university and is the author of say what  
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peaceful and effective munication has three steps or  
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