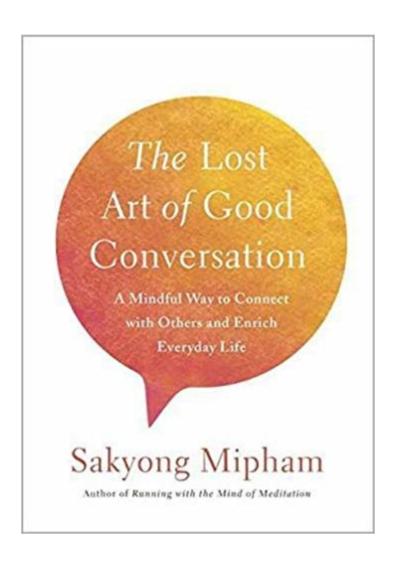


## The book was found

# The Lost Art Of Good Conversation: A Mindful Way To Connect With Others And Enrich Everyday Life





### Synopsis

Cutting through all the white noise, chatter, and superficiality our cell phones and social media cause, one of Tibet's highest and most respected spiritual leaders offers simple and practical advice to help us increase our attentions spans, become better listeners, and strive to appreciate the people around us. In a world of iPhones and connectivity to social media and email, we are all in constant connection with one another. Then why are so many people feeling burned out, distant from colleagues, and abandoned by family and friends? In this new book from the bestselling author of Running with the Mind of Meditation, the Sakyong uses the basic principles of the Shambhala tradition--meditation and a sincere belief in the inherent wisdom, compassion, and courage of all beings--to help readers to listen and speak more mindfully with loved ones, co-workers, strangers, and even ourselves.Ã Â In this easy to understand and helpful book, Sakyong Mipham provides inspiring ideas and practical tips on how to be more present in your day-to-day life, helping us to communicate in ways that elevates the dignity of everyone involved. Great for families, employees and employers and everyone who spend too much time on Facebook, Instagram, and feel "disconnected" in our "connected" world, Good Conversation is a journey back to basics.

#### **Book Information**

Hardcover: 240 pages Publisher: Harmony (October 17, 2017) Language: English ISBN-10: 0451499433 ISBN-13: 978-0451499431 Product Dimensions: 5.1 x 0.6 x 7.2 inches Shipping Weight: 10.9 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #98,020 in Books (See Top 100 in Books) #133 inà Â Books > Religion & Spirituality > Worship & Devotion > Meditations #151 inà Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #647 inà Â Books > Self-Help > Spiritual

#### **Customer Reviews**

"This wise and informative guide lays out a path towards genuine human connection and community in difficult times."  $\tilde{A}$   $\hat{A}$  --Publishers Weekly

SAKYONG MIPHAM is the head of the Shambhala lineage, which is grounded in the power of

creating enlightened society in everyday life. With a unique blend of Eastern and Western perspectives, he teaches this way of social transformation throughout the world. In addition, he extends his vision to a number of humanitarian projects in Asia and the West. He is the author of the bestselling titles Running with the Mind of Meditation and Ruling Your World.

#### Download to continue reading...

The Lost Art of Good Conversation: A Mindful Way to Connect with Others and Enrich Everyday Life Conversation: The Gentle Art Of Hearing & Being Heard - HowTo "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) 101 French Proverbs with MP3 Disc: Enrich your French conversation with colorful everyday savings (101... Language Series) A History of Everyday Life in Scotland, 1600-1800: A History of Everyday Life in Scotland, 1600 to 1800 (A History of Everyday Life in Scotland EUP) Savor: Mindful Eating, Mindful Life The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Renaissance: Everyday Life (Everyday Life (Good Year Books)) Middle Ages: Everyday Life (Everyday Life (Good Year Books)) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Echo Dot: Dot Advanced User Guide (2017 Updated): Step-by-Step Instructions to Enrich Your Smart Life! (Echo, Dot, Echo Dot, Echo User Manual, Echo Dot ebook, Dot) Echo: Echo Advanced User Guide (2017 Updated) : Step-by-Step Instructions to Enrich your Smart Life (Echo User Manual, Alexa User Guide, Echo Dot, Echo Tap) Echo: Echo Advanced User Guide (2017 Updated) : Step-by-Step Instructions to Enrich your Smart Life (Echo Echo, Echo User Manual, Alexa, Echo Dot, Echo ebook) Mastering German: Basic Conversation (Global Access Basic Conversation) (German Edition) Teach Yourself Japanese Conversation (3CDs + Guide) (TY: Conversation) The Conversation Train: A Visual Approach to Conversation for Children on the Autism Spectrum The Green Zone Conversation Book: Finding Common Ground in Conversation for Children on the Autism Spectrum George Grant in Conversation (In Conversation series) Archangels 101: How to Connect Closely with Archangels Michael, Raphael, Gabriel, Uriel, and Others for Healing, Protection, and Guidance The Autism Playbook for Teens: Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others (The Instant Help Solutions Series)

Contact Us

DMCA

Privacy

FAQ & Help