

Say What You Mean: A Mindful Approach to Nonviolent Communication

Mindful Communication Resources

For training and personalized coaching in Mindful Communication, visit: [www .OrenJaySofer.com](http://www.OrenJaySofer.com)

For the guided audio exercises in this book and additional practices, visit: www .OrenJaySofer.com/book-audio.

Recommended Reading

Goldstein, Joseph. *The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation*. Boston: Shambhala Publications, 1987.

———. *One Dharma: The Emerging Western Buddhism*. San Francisco: HarperOne, 2003.

Hanson, Rick. *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. New York: Harmony, 2016.

Kashtan, Miki. *Reweaving our Human Fabric: Working Together to Create a Nonviolent Future*. Oakland, CA: Fearless Heart Publications, 2015.

———. *Spinning Threads of Radical Aliveness: Transcending the Legacy of Separation in our Individual Lives*. Oakland, CA: Fearless Heart Publications, 2014.

Kornfield, Jack. *A Path with Heart: A Guide through the Perils and Promises of Spiritual Life*. New York: Bantam, 1993.

Kramer, Gregory. *Insight Dialogue: The Interpersonal Path to Freedom*. Boston: Shambhala Publications, 2007.

Levine, Peter A. *Waking the Tiger*. Berkeley: North Atlantic Books, 1997. Rosenberg, Marshall B. *Nonviolent Communication: A Language of Life*. Encinitas, CA: Puddledancer Press, 2015.

———. *Practical Spirituality: Reflections on the Spiritual Basis of Nonviolent Communication*. Encinitas, CA: Puddledancer Press, 2005.

Rothberg, Donald. *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*. Boston: Beacon Press, 2006.

Sucitto, Ajahn. *Parami: Ways to Cross Life's Floods*. Hertfordshire, UK: Amaravati, 2012.

———. *Turning the Wheel of the Truth: Commentary on the Buddha's First Teaching*. Boston: Shambhala Publications, 2010.

Meditation Retreat Centers & Training

Participating in a silent meditation retreat is a powerful way to deepen self-understanding, build mindfulness, and strengthen the foundation of presence. I highly recommend the following centers and their programs.

Barre Center for Buddhist Studies: www.bcbsdharma.org

Cloud Mountain Retreat Center: www.cloudmountain.org

Gaia House: www.gaiahouse.co.uk

Insight Meditation Society: www.dharma.org

Insight Retreat Center: www.insightretreatcenter.org

Next Step Dharma: www.nextstepdharma.org

Spirit Rock Meditation Center: www.spiritrock.org

Community Meditation Centers

Buddhist Insight Network: www.buddhistinsightnetwork.org

Cambridge Insight Meditation Center: www.cambridgeinsight.org

Common Ground Meditation Center: www.commongroundmeditation.org

Insight Meditation Center: www.insightmeditationcenter.org

Insight Meditation Community of Berkeley: www.insightberkeley.org

East Bay Meditation Center: www.eastbaymeditation.org

Mission Dharma: www.missiondharma.org

New York Insight Meditation Center: www.nyimc.org

San Francisco Insight: www.sfinsight.org

Seattle Insight Meditation Society: www.seattleinsight.org

Nonviolent Communication Training

Bay Area Nonviolent Communication: www.baynvc.org

Center for Nonviolent Communication: www.cnvc.org

Miki Kashtan: www.thefearlessheart.org

NVC Academy: www.nvctraining.com