



What Would Buddha Say?: Three Thousand Right-Speech Teachings to Help You Communicate Mindfully, Improve Every Relationship, and Speak Your Truth

Barbara Ann Kipfer

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What if you gave your full, thoughtful attention to the words you said—or texted, or emailed? In *What Would Buddha Say?*, best-selling author Barbara Ann Kipfer presents 3,000 mindful communication tips based on the Buddhist concept of Right Speech—a belief that what you say can greatly affect your happiness.

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 choose your words wisely and conscientiously in every situation.

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From Reader Review What Would Buddha Say?: Three Thousand Right-Speech Teachings to Help You Communicate Mindfully, Improve Every Relationship, and Speak Your Truth for online ebook

Nancy says

I won this in a Goodreads giveaway. A lot of quotes reminding us that of the sharpest weapon humans have is the tongue. Think before you speak or most the times even better, be silent.

Sara Patterson says

This is a bathroom book. You know the kind that your grandma used to have in her basket by the toilet to read while you go potty.... :) It isn't a bad book, it just isn't a book to get and *READ*....it is a book to casually browse when you have a little time to kill.

Hannah Jane says

- Excellent advice for anyone, but especially people like me who struggle with composure and articulation. - Each right-speech teaching is just a little blurb, usually no more than a sentence or two so there's no chance of getting overwhelmed. - Though I read it all the way through over the course of a couple weeks I think its purpose would best be served by having a copy lying out somewhere in a visible spot so you can pick it up and read a few pieces at time.

Amberle Husbands says

I won a copy of this as the result of a Goodreads giveaway, and I was surprised by the format of the book, all though I couldn't really tell you how it differs from what I was expecting. It's a quick read, and instantly uplifting in the style of most quote-and-inspirational-snippet books. I really enjoyed it, and ended up with several dog-ears and high-lighted bits. I did find it amusing that the author could fill up a rather thick book with ways of answering "What Would Buddha Say," when more often than not, the answer is "Not very much." There are a lot of variations on the "Even a fool is considered wise with his mouth shut," doctrine. I thoroughly enjoyed reading this collection, and am very glad to add it to my bookshelf.

Bridget says

This is one of the best books I've read in awhile. What will a mother do when tragedy strikes?

Cherie says

Lot of quotes on how to communicate, Buddhist-style. Many are very similar, and already known for any Buddhists, but still a nice reminder. I can think of a "friend" who might benefit from a read of this.

kelly carlisle says

Loved!

Yoric says

This book is likable because it just feels good reading it. +
It's a set of reflections we probably already had, and it's a joy to see it on paper. So we can reflect on it again, and appreciate their benefits again.

Let's take for example this one:

"Look for the many ways people communicate their love without saying it."

How profound, because we don't need words to express our attention, our care. It can be through Cooking, cleaning, working, playing, joking, or just sitting there and observing what another person is doing. Isn't it even better than just any "words"?

This simple sentence encourages us to see more ways, other and ourselves can use to express love and care. It's a call for action, to observe and see it in our everyday's life.

I can't stop but think of Anthony de Mello when reading this book.

nikki says

this would be a good handy little book for quick reference, to flip through for reminders. i began marking my favourite quotes before remembering that i was reading a library book, lol
