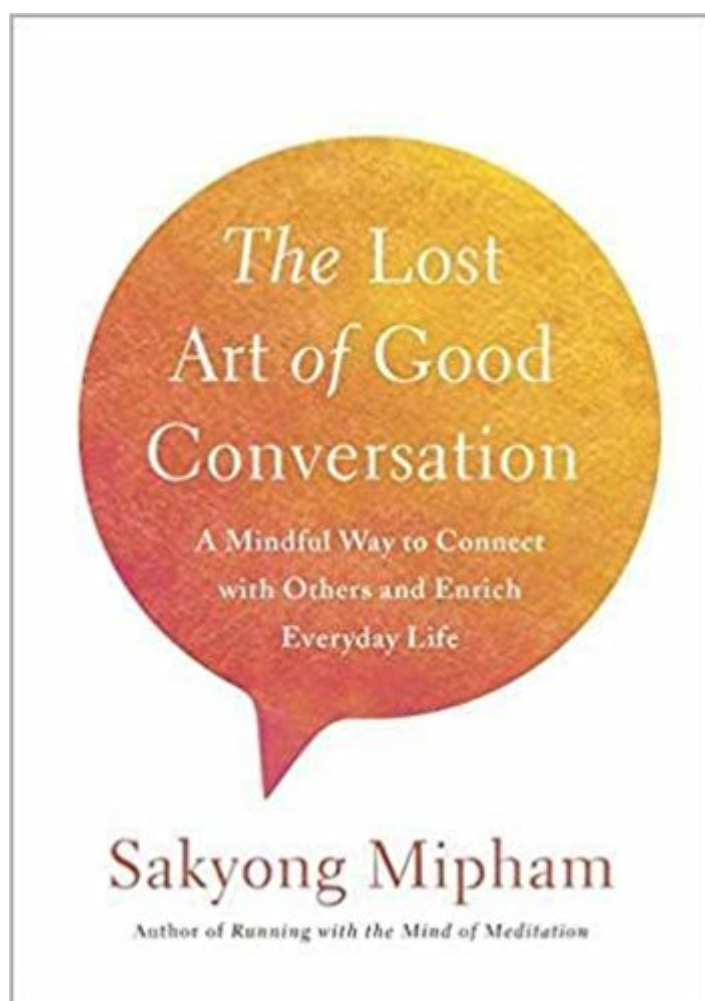


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# The Lost Art Of Good Conversation: A Mindful Way To Connect With Others And Enrich Everyday Life



## 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. 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)

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Best Sellers Rank: #98,020 in Books (See Top 100 in Books) #133 in Books > Religion & Spirituality > Worship & Devotion > Meditations #151 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #647 in Books > Self-Help > Spiritual

## Customer Reviews

"This wise and informative guide lays out a path towards genuine human connection and community in difficult times." --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*.

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