



# What Would Buddha Say?: 1,501 Right-Speech Teachings for Communicating Mindfully (The New Harbinger Following Buddha Series)

By Barbara Ann Kipfer

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## What Would Buddha Say?: 1,501 Right-Speech Teachings for Communicating Mindfully (The New Harbinger Following Buddha Series)

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We've all said things we lived to regret. But what if we communicated mindfully instead, stopping first to consider how our words might hurt rather than help—or if we need to voice them at all? In *What Would Buddha Say?*, best-selling author Barbara Ann Kipfer offers 1,501 reminders for staying on the path of positive communication. Based on ancient Buddhist teachings, this portable guide will provide inspiration and tips on how to speak clearly, truthfully, and with lovingkindness.

In our modern world, it seems we're always in a hurry—usually running on autopilot, and all too quick to make that comment or send that message. But when we communicate without first considering the impact it may have—especially if it's idle gossip or false speech—we can create unnecessary conflicts and far-reaching negative consequences. With poor communication at the heart of most misunderstandings and arguments, learning to practice mindful communication, including good listening skills, is key to speaking—or *not* speaking—with better results in every area of your life.

In *What Would Buddha Say?*, you'll find hundreds of instantly accessible and compulsively readable communication tips on giving thoughtful attention to your words so you're more likely to be understood, and less likely to damage your relationships. Based on the concept of Right Speech, an important element of Buddhism's Noble Eightfold Path, these mindful essentials—inspirational quotes and sayings, short essays, and meditation suggestions—will guide you away from harmful speech and into a state of mindfulness from which you can gently speak your truth.

There is *always* room for improvement in terms of communication, and with practice, we *can* learn to speak mindfully—to say only what is beneficial and true

with a kind heart at the right time. Packed with Buddhist wisdom and full of inspiration, *What Would Buddha Say?* will help you maximize the good in your speech as you take steps toward a more peaceful way of being.

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### Editorial Review

#### Review

“Our words can harm or heal, notes Barbara Ann Kipfer in this comprehensive guide to Right Speech, one of the elements in Buddha’s Eightfold Path to enlightenment. With wisdom, wit, and sensitivity, she offers hundreds of simple, practical teachings designed to make the transformative practice of mindful communication a habit—in the old-fashioned way, through conversation, as well as in the modern world of texting, emails, and social media.”

—**Carol Krucoff, E-RYT**, yoga therapist at Duke Integrative Medicine and author of several books, including *Yoga Sparks*

“*What Would Buddha Say?* provides a fantastic blueprint for speaking to others with kindness, compassion, consideration, and respect. If we all followed Barbara Ann Kipfer’s advice, we’d hurt each other less, help each other more, and say fewer things we regret.”

—**Lori Deschene**, founder of tinybuddha.com and author of *Tiny Buddha: Simple Wisdom for Life’s Hard Questions* and *Tiny Buddha’s Guide to Loving Yourself*

“Kipfer brings us a companion brimming with reminders to speak authentically and from the heart, as if we had a tiny friend in our pocket who occasionally pulled at our sleeve to ask, *What Would Buddha Say?* In these days, when we cannot trust so much of what our eyes show us or the words that reach our ears, her book presses the reset button, reminding us the truth begins first in how we speak to ourselves.”

—**Kimber Simpkins**, yoga teacher and author of *Full*

“Even a cursory glance at this quality material and application of some of the sayings would make for a more peaceful planet.”

—**Library Journal Xpress Review**

#### About the Author

**Barbara Ann Kipfer, PhD**, is a lexicographer who has authored more than fifty books, including *14,000 Things to be Happy About*, *The Wish List*, *Instant Karma*, *8,789 Words of Wisdom*, and *Self-Meditation*. Barbara has an MPhil and PhD in Linguistics, a PhD in Archaeology, and an MA and PhD in Buddhist Studies.

Foreword writer **Marc Lesser** is the CEO of the Search Inside Yourself Leadership Institute (<http://siyli.org>). He is author of *Know Yourself, Forget Yourself and Less: Accomplishing More by Doing Less*.

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**Timothy Williams:**

Information is provisions for anyone to get better life, information today can get by anyone with everywhere. The information can be a expertise or any news even a problem. What people must be consider whenever those information which is from the former life are difficult to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you get the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take *What Would Buddha Say?: 1,501 Right-Speech Teachings for Communicating Mindfully* (The New Harbinger Following Buddha Series) as the daily resource information.

**Carol Benally:**

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