



What We Say Matters: Practicing Nonviolent Communication

By Ike Lasater, Judith Hanson Lasater

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For yoga teacher Judith Hanson Lasater and her husband, mediator Ike K. Lasater, language is a spiritual practice based on giving and receiving with compassion. In *What We Say Matters*, they offer new and nurturing ways of communicating. Long-term students of yoga and Buddhism, the authors here blend the yoga principle of *satya*(truth) and the Buddhist precept of right speech with Marshall Rosenberg's groundbreaking techniques of Nonviolent Communication (NVC) in a fresh formula for promoting peace at home, at work, and in the world. The authors offer practical exercises to help readers in any field learn to diffuse anger; make requests rather than demands or assign blame; understand the difference between feelings and needs; recognize how they strategize to get needs met; choose connection over conflict; and extend empathy to themselves and others.

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Editorial Review

Review

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center.

Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad.

Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga.

Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

About the Author

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