

Brilliant Miller Releases Video Podcast Interview with Oren Jay Sofer

Oren Jay Sofer is a long-time mindfulness teacher, coach, and author of [Say What You Mean: A Mindful Approach To Nonviolent Communication](#).

SANDY, UT, UNITED STATES, June 5, 2021 /EINPresswire.com/ -- Oren Jay Sofer has spent many years studying and practicing Buddhism, Yoga, and Mindfulness. He has since used those skills to lead trainings in various companies on a wide range of mindfulness topics. Oren is a long-time mindfulness teacher, coach, and author of [Say What You Mean: A Mindful Approach To Nonviolent Communication](#).

In this [interview](#) for the [School for Good Living](#) Podcast, Oren Jay Sofer joins [Brilliant](#) Miller to discuss communication and the significant power that our words can have. They talk about the techniques we can use to keep our communication nonviolent and effective, and the obstacles and challenges that can make communication more difficult, and how to overcome them.

“

Presence is our natural state.”

Oren Jay Sofer

Topics Discussed:

- Presence
- The power of breath
- Buddhist tradition
- The impact of proper communication

- Writing skills
- The power of habit



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School for Good Living Logo



Brilliant Miller Headshot

Watch the interview on YouTube https://youtu.be/GEfYN5_gwGA and the audio version is available on Apple Podcasts

(<https://podcasts.apple.com/us/podcasts/school-for-good-living-podcasts/id1389591902>),

Stitcher (<https://www.stitcher.com/podcast/school-for-good-living-podcasts>), Google Podcasts

(<https://podcasts.google.com/feed/aHR0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW5nLmNvbS9mZWVklw>), and Spotify

(<https://open.spotify.com/show/2gAkcrCqCeit7H4csjdDGd>).

Visit the Oren Jay Sofer guest page at <https://goodliving.com/guests/oren-jay-sofer/> and the podcast interview page at <https://goodliving.com/podcasts/say-what-you-mean-a-mindful-approach-to-nonviolent-communication/>.

Brilliant Miller

Miller Innovation, BLLC

+1 801-200-3049

[email us here](#)

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Say What You Mean:
A Mindful Approach To Communication

OREN JAY SOFER

with
Brilliant Miller

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PODCAST

Oren Jay Sofer Podcast Interview

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