

## 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 <u>interview</u> for the <u>School for</u> <u>Good Living</u> Podcast, Oren Jay Sofer joins <u>Brilliant</u> Miller to discuss communication and the significant



Brilliant Miller Headshot

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."

Topics Discussed:

- Presence
- The power of breath

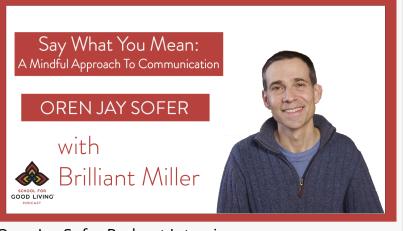
Oren Jay Sofer

- Buddhist tradition
- The impact of proper communication

Writing skills

• The power of habit

Watch the interview on YouTube https://youtu.be/GEfYN5 gwGA and the audio version is available on Apple Podcasts (https://podcasts.apple.com/us/podcas t/school-for-good-livingpodcasts/id1389591902), Stitcher (https://www.stitcher.com/podcast/sch ool-for-good-living-podcasts), Google Podcasts (https://podcasts.google.com/feed/aHR 0cHM6Ly9wb2RjYXN0cy5nb29kbGl2aW 5nLmNvbS9mZWVkLw), and Spotify



**Oren Jay Sofer Podcast Interview** 

(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-mindfulapproach-to-nonviolent-communication/.

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