

What did your emotions say?

Non-Verbal Communication

Words: 7%

Voice tone: 38%

Body language: 55%

[Albert Mehrabian](#)

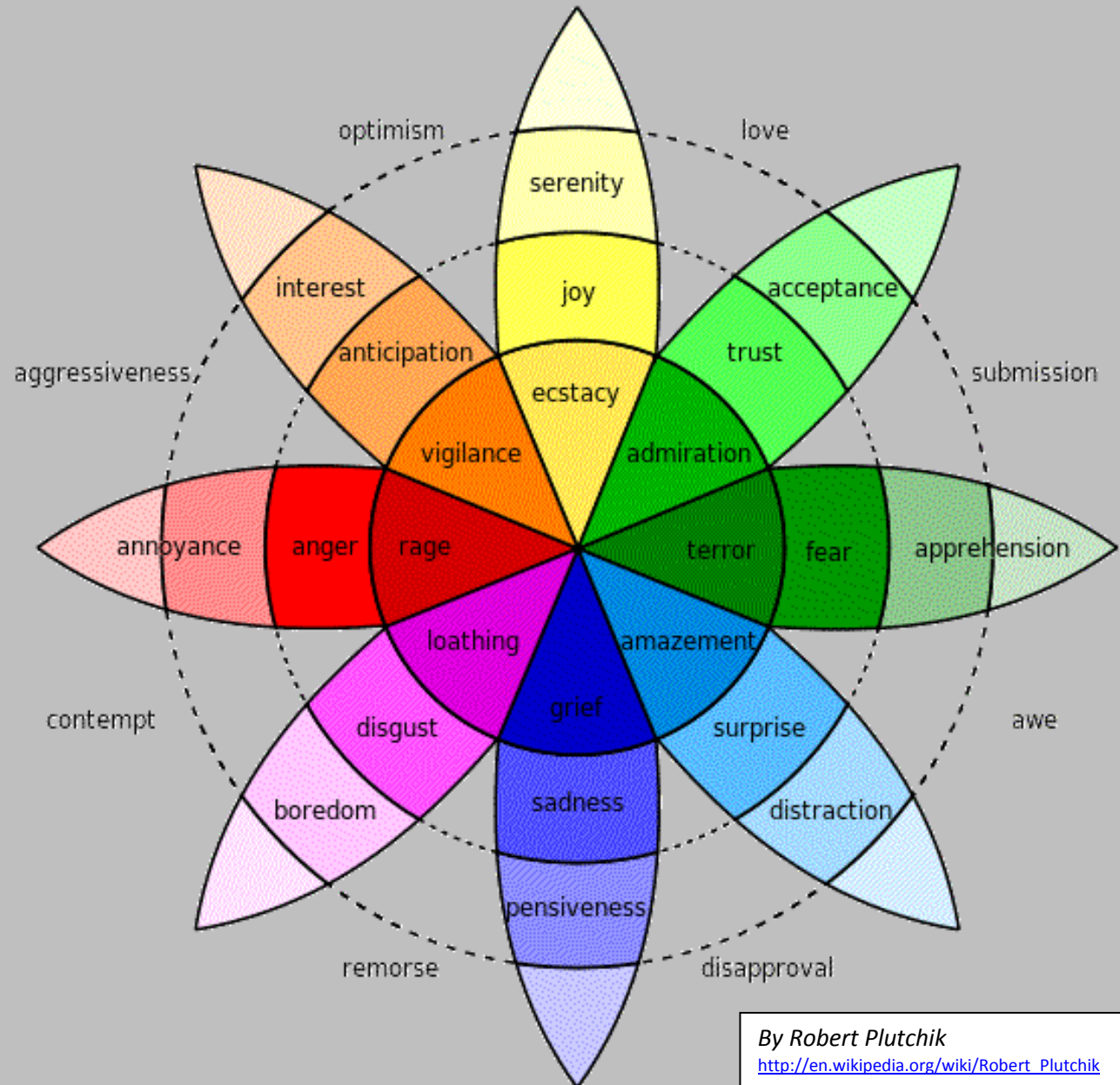
"True communication is the response you get"

Brad Sugars

Pain exists, suffering is optional

Suffering = Discomfort x Resistance

[Shinzen Young](#)



By Robert Plutchik

http://en.wikipedia.org/wiki/Robert_Plutchik