

"Humanity should question itself, once more,  
about the absurd and always unfair phenomenon of war,  
on whose stage of death and pain only  
remains standing the negotiating table  
that could and should have prevented it."

--- Pope John Paul II ---

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### **Giving Better Praise**

Ombuds often coach individuals to improve interpersonal relationships by increasing the amount of positive feedback they give. Author Gretchen Rubin has a great summary of how to give better praise:

1. Be specific
2. Find a way to praise sincerely
3. Never offer praise and ask for a favor in the same conversation
4. Don't over-praise
5. Look for something less obvious to praise
6. Don't hesitate to praise people who get a lot of praise already
7. Praise people behind their backs
8. Beware when a person asks for your honest opinion
9. Don't damn with faint praise

Her blog is an excellent resource for mindful living. ([The Happiness Blog](#).)