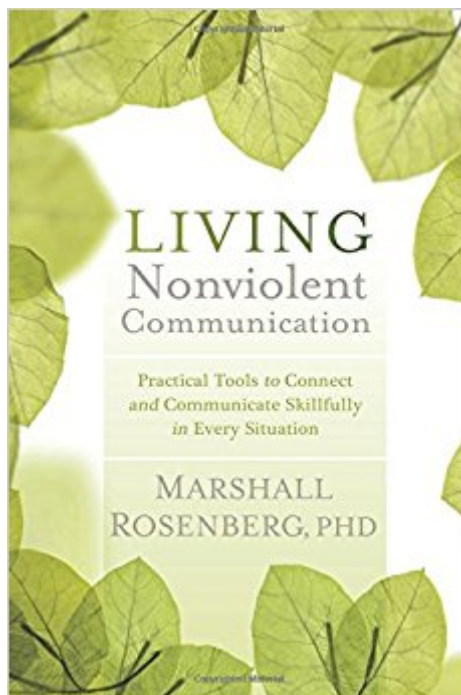




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# Living Nonviolent Communication: Practical Tools To Connect And Communicate Skillfully In Every Situation



## Synopsis

You're about to have an uncomfortable meeting with your boss. The principal just called about your middle-schooler. You had a fight with your partner and it's an hour before bed. You know your next move will go a long way toward defining your relationships with these individuals. So what do you do? We all find ourselves in situations similar to these and too often resort to the same old patterns of behavior—defending our need to be right, refusing to really listen, speaking cruelly out of anger and frustration, or worse. But there is another way. Living Nonviolent Communication gives you practical training in applying Dr. Marshall Rosenberg's renowned process in the areas he has most often been asked for counsel: Conflict resolution Working with anger Spiritual practice Healing and reconciliation Loving relationships Raising children Nonviolent Communication has flourished for four decades across 35 countries for a simple reason: it works. Now you can learn to activate its healing and transformational potential, with Living Nonviolent Communication.

## Book Information

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## Customer Reviews

"Nonviolent Communication can change the world. More importantly, it can change your life. I cannot recommend it highly enough." — Jack Canfield, author of Chicken Soup for the Soul series

**Marshall Rosenberg** Marshall Rosenberg (October 6, 1934 – February 7, 2015) was best known for initiating peace programs in war torn areas including Rwanda, Burundi, Nigeria, Malaysia, Indonesia, Sri Lanka, the Middle East, Serbia, Croatia, and Ireland. A clinical psychologist, he was

the founder and director of educational services for the Center for Nonviolent Communication (CNVC), an international nonprofit organization that offers workshops and training in 30 countries. Dr. Rosenberg is the author of *Nonviolent Communication: A Language of Life*. For more information on Dr. Rosenberg, please visit his website at: [www.cnvc.org](http://www.cnvc.org).

This book does not contain any new material from Marshall Rosenberg, Rather it is a compilation of the 6 short books: *We can work it out*, *Being me, loving you*, *Getting past the pain between us*, *The Surprising Purpose of Anger*, *Raising Children Compassionately*, *Practical Spirituality*. If you have some or most of these books (I had 4) this probably isn't a grab unless you have people you want to pass them onto. I would also prefer it hadn't excluded one of these short books entitled: "The Heart of Social Change: How to Make a Difference in Your World." and merged into the child rearing section "Teaching Children Compassionately: How Students and Teachers Can Succeed with Mutual Understanding (Nonviolent Communication Guides)" as I do not own those two, they seemed an unnecessary omission for this compilation. If you don't have many or any of the books in this compilation then this is a great grab to supplement *Nonviolent Communication* as it is full of transcriptions of role-plays where you can see the method at work. Of course the best way to learn NVC is to practice it yourself but these conversations can help you learn how.

All of Rosenberg's short but pithy books present invaluable tools for helping others (and ourselves) resolve conflicts in a transformative way. As a life coach, leadership trainer, consultant and mediator, I have often seen clients hoping for more than just a compromise or reluctant agreement to end hostilities. Rosenberg's books give step by step procedures to guide one through helping others reach a safe place where each participant can know s/he is being heard and understood and to develop the same skill to hear and understand and respect others. That first step is followed by learning how to value what others are feeling, to know and value what oneself is feeling and to work together from that space to transform the conversation into one of respect and healing. The key is to create an emotionally safe place for that to happen. In this book there are tools to help any reader learn how to present oneself in a way that is not threatening and does allow one to open up to hearing and understanding others with the goal of making peace and being peace and to assist others in reaching that place as well. An invaluable tool!

I've purchased a number of books that were written to help improve one's life and relationships, but I usually read a chapter or two and lose interest because I feel like I'm doing homework. This book,

on the other hand, is fascinating to me, and a pleasure to read. Nonviolent communication is pretty simple at its core, but far, far from simple to put into practice. That's where Dr. Rosenberg really shines--he works interactively with people to teach how to put this form of being into practice. People will present him with problems they're having, and Dr. Rosenberg will show how to apply NVC through examples, role-play and humor. This practical approach helps me understand how I can begin to apply NVC in my life. What really gives me the feeling of a light turning on in my head is seeing how NVC isn't something new--it's how we function as people until we learn at a very young age to immediately evaluate, analyze, judge, criticize and so forth. NVC is about learning to recognize when this judging interferes with getting our needs met and hearing the needs of others. Once we remember to recognize this, we naturally begin to use NVC. It's not easy to change lifelong habits, but Marshall shows how we can do it.

I cannot get enough of this book! I am so happy that I chose this as my introduction to NVC. Each chapter reads like an "essay" of sorts and seems to be a wonderful summary of Rosenberg's work across a number of topics paired with clearly articulated "steps" for applying his principals and practices in ways that are immediately applicable to the reader's life. The examples--many cast as narratives or "dialogues" are particularly useful for showing the reader how NVC is practiced and the results that can be generated. Fabulous book. I have highlighted EVERY page.

I decided to read this book based on other recommendations by my friends. Many communications classes stop just short of the information in this book. I sense already that this will be helpful in my life. It's the kind of book you want to engage with in community, so get a book club together and order this book, you won't regret it!

I love this book. It was highly recommended to me and I wanted it quickly so I bought the kindle version. I would recommend the book over the kindle. It is about realizing that all human behaviors, the good, the bad and the ugly, are motivated by our needs. M Rosenberg gives lots of specific interactions as examples of how people can use non violent communication skills to state their needs and how to use nonviolent communication skills to hear what the other person is saying as a statement of his needs rather than hearing it as an attack or a judgement. Yes I recommend.

This book is a combination of various small books of NVC (parenting, love relationship, taking care of anger, reconciliation of deep pain...). Get it if you dont have the small ones. I have read the small

books and then reread this combined version. It is a wonderful version which gives you wide application of NVC in different domains and shows you in details how it works in those challenging situation. It is a wonderful book for deepening your understanding of NVC!

A wonderful, helpful book to help set one's world on the right, peaceful path.

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