



Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation

By Marshall Rosenberg

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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*.

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Editorial Review

Review

"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

About the Author

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.

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