

# Praise for the Nonviolent Communication™ process

## from Conflict Resolution Experts and Mediators

"Dr. Rosenberg has added his thoughtful voice to an important conversation. His approach is insightful, provocative, and is sure to spark discussion. *Speak Peace* helps engage us in a vital dialogue that allows us to look within and ask ourselves what role we can play in making the world a better place."

- **David Hart**, CEO, Association for Conflict Resolution (not endorsed by ACR, title provided for identification purposes only)

"Nonviolent Communication is a simple yet powerful methodology for communicating in a way that meets both parties' needs. This is one of the most useful books you will ever read."

- **William Ury**, co-author, *Getting to Yes: Negotiating Agreement Without Giving In*

"*Speak Peace* sums up decades of healing and peacework. It would be hard to list all the kinds of people who can benefit from reading this book, because it's really any and all of us."

- **Michael Nagler**, author, *Is There No Other Way: The Search for a Nonviolent Future*

"We have lived traumatic moments over and over again—moments of fear and panic, incomprehension, frustrations, disappointment, and injustice of all sorts, with no hope of escape -- which made it even worse. The NVC process offers us a peaceful alternative for ending this interminable Rwandan conflict."

- **Theodore Nyilidandi**, Rwandan Dept. of Foreign Affairs; Kigali, Rwanda

"*Speak Peace in a World of Conflict* offers a gift of spirit, theory and nonviolent communication experience from which every seeker of peace within and without can learn. It complements John Burton's *Deviance, Terrorism and War* as a guide to mutual need-fulfilling processes of problem-solving to realize nonviolent conditions of global life."

- **Glenn D. Paige**, author, *Nonkilling Global Political Science*; founder, Center for Global Nonviolence

"Changing the way the world has worked for 5,000 years sounds daunting, but Nonviolent Communication helps liberate us from ancient patterns of violence."

- **Francis Lefkowitz**, reporter, *Body & Soul*

"Dr. Rosenberg has brought the simplicity of successful communication into the foreground. No matter what issue you're facing, his strategies for communicating with others will set you up to win every time."

- **Anthony Robbins**, author, *Awaken the Giant Within* and *Unlimited Power*

"In our present age of uncivil discourse and mean-spirited demagoguery, racial hatreds and ethnic intolerance, the principles and practices outlined in *Nonviolent Communication* are as timely as they are necessary to the peaceful resolution of conflicts, personal or public, domestic or international."

- **Midwest Book Review, Taylor's Shelf**



“For convicts immersed in an environment which intensifies and reinforces conflict, discovering a step-by-step methodology advocating compassion through communication is enormously liberating. More than solely a potent means to communicate, the NVC process effects fundamental and irrevocable shifts in patterns of perception and interaction.”

- **Dow Gordon**, Vipassana (Insight) Meditation, Minimum Security Unit of the Monroe Correctional Complex, Monroe, WA

“Perhaps I’ve benefited the most from this tools in how I’ve applied it to my own self-talk — my inner dialog. It’s helped me to translate judgments and self-criticisms, so that I could see what was the life-connected impulse they were coming from. Then it was easy and joyful to change without any ‘shoulds.’ I can’t say enough good things about my experience with this tool.”

- **Alan Seid**, Vipassana, Bellingham WA

“*Nonviolent Communication* by Marshall Rosenberg is a great book teaching a compassionate way to talk to people — even if you (or they) are angry.”

- **Joe Vitale**, author, *Spiritual Marketing, The Power of Outrageous Marketing*

“Nonviolent Communication is a simple process that eliminates the competitive, adversarial, and violence provocative style of communication that has infected most of our lives.”

- **Chuck McDougal**, book reviewer

“Not only does the NVC process improve communication, but it works within us, requiring us to examine our own emotions and ways of thinking about others before we speak. Thus it is an excellent tool for personal growth and transformation as well as peaceful communication. ‘Let peace begin with me’ could be the NVC motto.”

- **Kittrell McCord**, Tucson Community Meditation Center, Tucson AZ



## About Nonviolent Communication

From the bedroom to the boardroom, from the classroom to the war zone, the Nonviolent Communication (NVC) process is changing lives every day. NVC provides an easy to grasp, effective method to get to the root of conflict, violence and pain peacefully. By examining the unmet needs behind what we do or say, the NVC process helps reduce hostility, heal pain, and strengthen professional or personal relationships.

The NVC process is now being taught in corporations, classrooms, prisons and mediation centers around the globe. And it is affecting cultural shifts as institutions, corporations and governments integrate NVC consciousness into their organizational structures and their approach to leadership.

International peacemaker, mediator, author and founder of the Center for Nonviolent Communication, Dr. Marshall Rosenberg spends more than **250** days each year teaching the NVC process, including some of the most impoverished, war-torn areas of the world. More than **180** certified trainers and hundreds more teach this life-enriching process in **35** countries to approximately **250,000** people each year.

## About the Center for Nonviolent Communication

The Center for Nonviolent Communication (CNVC) is an international nonprofit peacemaking organization whose vision is a world where everyone's needs are met peacefully. CNVC is devoted to supporting the spread of Nonviolent Communication training and consciousness around the world.

Access local, national and international training opportunities, download trainer certification information, connect to local NVC communities and purchase a variety of other NVC learning materials at:

[www.CNVC.org](http://www.CNVC.org)

## About PuddleDancer Press

The premier publisher of Nonviolent Communication related works. Find these resources and more at:

[www.NonviolentCommunication.com](http://www.NonviolentCommunication.com)

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- **NVC Quick Connect e-Newsletter** —To stay apprised of new titles and the impact the NVC process is having around the globe, visit our website and register for the quarterly NVC Quick Connect e-Newsletter. Archived newsletters are also available.
- **Help Share NVC**—Access hundreds of valuable tools, resources and adaptable documents to help you share this valuable process, form a local NVC practice community, coordinate NVC workshops and trainings, and promote the life-enriching benefits of NVC training to organizations and communities in your area. Sign up for our NVC Promotion e-Bulletin to get all the latest promotion tips and tools.
- **For the Press**—Journalists and producers can access author bios and photos, recently published articles in the media, video clips and other valuable information.
- **Help Share NVC Community Forum**—Scheduled for launch in mid-2005, the Help Share NVC Community Forum provides an online space to support the continued spread of the NVC consciousness worldwide. Join our forum today at [www.ShareNVC.com](http://www.ShareNVC.com)