

Praise for the Nonviolent Communication™ process

in Personal Growth and Healing

“Perhaps I’ve benefited the most from this tool 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

“Years of meditation and spiritual study left me with discouragement at my inability to implement the resulting high ideals. The Nonviolent Communication process turned out to be the liberating key that is showing me how to put spiritual teachings into concrete practice in my daily life.”

- **Lin Rose**, Bellevue WA

“I have found the NVC practice to be a powerful complement to the Buddhist teachings on right speech. While the Dharma helps me know which forms of speech to avoid, NVC shows me how to use language in ways that build more compassionate connections with others.”

- **Tom Pedulla**, member, Cambridge Insight Meditation Center, Cambridge MA

“Nonviolent Communication has catalyzed a process of clarification/healing/empowerment in me that I could never have imagined. This process has impacted every area of my life, and continues to unfold. For me, it unifies the spiritual truths I’ve found in all the world’s religions. It facilitates and strengthens connections to others and its truths are experientially testable.”

- **A reader in Florida**

“Nonviolent Communication allowed me to overcome my toxic conditioning and find the loving parent and person that was locked inside.”

- **A nurse in California**



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

About PuddleDancer Press

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- **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