

Praise for the Nonviolent Communication™ process

in Personal and Professional Relationships

"Marshall Rosenberg provides us with the most effective tools to foster health and relationships. Nonviolent Communication connects soul to soul, creating a lot of healing. It is the missing element in what we do."

- **Deepak Chopra**, author, *How to Know God* and *Ageless Body and Timeless Mind*

"Marshall Rosenberg's dynamic communication techniques transform potential conflicts into peaceful dialogues. You'll learn simple tools to defuse arguments and create compassionate connections with your family, friends, and other acquaintances."

- **John Gray, Ph.D.**, author, *Men Are From Mars, Women Are From Venus*

"I believe the principles and techniques in Nonviolent Communication can literally change the world, but more importantly, they can change the quality of your life with your spouse, your children, your neighbors, your co-workers and everyone else you interact with. I cannot recommend it highly enough."

- **Jack Canfield**, author, *Chicken Soup for the Soul Series*

"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 *Nonviolent Communication* you will find an amazingly effective language for saying what's on your mind and in your heart. Like so many essential and elegant systems, it's simple on the surface, challenging to use in the heat of the moment and powerful in its results."

- **Vicki Robin**, co-author, *Your Money or Your Life*

"Many books on communication are strong on theory but impractical on application. Marshall Rosenberg's instant classic is the stand-out exception. It is clear and compelling in its logic and flat-out inspiring in its inviting exposition of usable techniques and strategies. If this book is read by enough people, the world will transform."

- **Hugh Prather**, author, *The Little Book of Letting Go*, *Shining Through*, and *Morning Notes*

"We know that when people learn to communicate effectively with each other, their lives and their relationships can be truly transformed. This book gives people both a way of expressing their needs congruently and non-blamefully and a way of listening so others feel not just heard, but understood."

- **Dr. Thomas Gordon**, author, *Parent Effectiveness Training*

"I highly recommend *Nonviolent Communication* to anyone interested in resolving conflicts, creating more intimate relationships, or exploring the connection between language and violence."

- **Kate Lin**, reporter, *The New Times*

"Rosenberg describes how, in numerous conflicts, once 'enemies' have been able to hear each other's needs, they are able to connect compassionately and find new solutions to previously 'impossible' impasses. If you want to learn ways of more skillful speech I highly recommend this clear, easy-to-read book."

- **Diana Lion**, Buddhist Peace Fellowship, *Turning Wheel Magazine*



"*Nonviolent Communication* is a powerful tool for peace and partnership. It shows us how to listen empathically and also communicate our authentic feelings and needs. Marshall Rosenberg has a genius for developing and teaching practical skills urgently needed for a less violent, more caring world."

- **Riane Eisler**, author, *The Chalice and the Blade*, *Tomorrow's Children* and *The Power of Partnership*

"In addition to saving our marriage, Marshall's work is helping us to repair our relationships with our grown children and to relate more deeply with our parents and siblings. Marshall has shown a way to not only live, speak and act nonviolently, but a way to do so without sacrificing or compromising yourself or others."

- **A reader in Arizona**

"My relationship with my husband, which was good already, has become even better. I have taught the method to many parents who have reported having gained a deeper understanding of their children, thus enhancing their relationship and decreasing tension and conflict."

- **A reader in Illinois**

"No matter what the issue may separate us, NVC can help us appreciate our differences and celebrate our common needs."

- **Carol Placer**, Association of Women in Psychology, Northern Arizona contact

"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

"Relationships with our children, spouses, parents, loved ones, and people in positions of authority often tend to 'trigger' emotional reactions, which seem out of proportion to the immediate stress at hand. Nonviolent or Compassionate Communication offers a way for us to practice being mindful of our emotions with the focus of attention on our use of language and communication."

- **Bruce Eisenorf, MD**

"I am sure that each time I read this book, I will become better at empathetically responding to people who up to now I had decided were too toxic to deal with."

- **Carmen Matthews**, San Diego CA

"Without an ounce of hesitation, I can say this book and these ideas have had a profound, deep, and lasting impact on my life, improved my relationships, increased the clarity and consciousness with which I use language, and strengthened my intention to live a loving, compassionate life."

- **Mark J. Goodman**

"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

"All adults should learn how to use the skills expressed in Dr. Rosenberg's *Nonviolent Communication*. The outcome would be that children would be accustomed to the language of positive, nonviolent forms of communication that will aid them throughout their lives. Dr. Rosenberg, you are a peacemaker!"

- **Nancy Sager**, principal, Sante Fe Montessori School



“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

“Nonviolent Communication: A Language of Life practices what it preaches, and I found the step-by-step approach, exercises and examples to be clear and easy to practice.”

- A reader in Maryland

“I have never read a clearer, more straightforward, insightful book on communication. After studying and teaching assertiveness since the '70s, this book is a breath of fresh air. *Nonviolent Communication* adds brilliant insight into the linkage of feelings and needs and taking responsibility and creates a true tool. Amazingly easy to read, great examples, and challenging to put into practice - this book is a true gift to all of us.”

- A reader in Washington state



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