



PuddleDancer PRESS

2010-2011 NONVIOLENT COMMUNICATION PRODUCT CATALOG

“Nonviolent Communication
is instrumental in creating an

**extraordinary
quality of life.**

This compassionate and inspiring
message cuts right to the heart
of successful communication.”

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

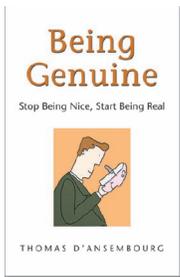
**STRENGTHEN RELATIONSHIPS • HEAL PAIN • TRANSFORM ANGER • REDUCE CONFLICT
MAXIMIZE STUDENT POTENTIAL • INCREASE PRODUCTIVITY • IMPROVE MORALE**



Personal Relationships • Business • Families and Parenting • Mediation • Mental Health

www.NonviolentCommunication.com

NVC Trade Books



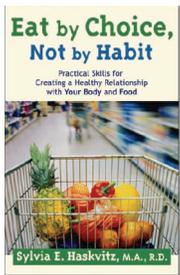
Being Genuine

Stop Being Nice, Start Being Real

by Tom d'Ansembourg

\$17.95 — Trade Paper 5-3/8 x 8-3/8, 280pp
ISBN: 978-1-892005-21-2 • A fresh new perspective on the proven skills offered in *NVC: A Language of Life*. Drawing on real-life examples and stories, d'Ansembourg provides practical skills and concrete steps to safely remove the masks we wear that

prevent the intimacy and relationships we desire with intimate partners, children, parents, friends and colleagues.



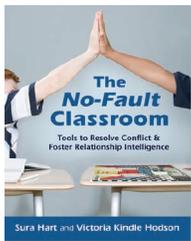
Eat by Choice, Not by Habit

Practical Skills for Creating a Healthy Relationship With Your Body and Food

by Sylvia Haskvitz

\$10.95 — Trade Paper 5-3/8 x 8-3/8, 128pp
ISBN: 978-1-892005-20-5 • This conversational, bite-sized book combines sound dietary advice with NVC to help readers get to the core of emotional eating and negative body image in the moment.

Filled with real-life stories, accessible dialogue and powerful personal growth skills to help transform how we think about our bodies and food.



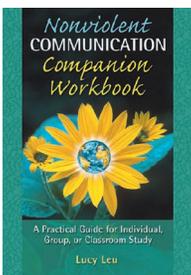
The No-Fault Classroom

Tools to Resolve Conflict & Foster Relationship Intelligence

by Sura Hart and Victoria Kindle Hodson

\$24.95 — Trade Paper 8-1/2 x 11, 256pp
ISBN: 978-1-892005-18-2 • Offering far more than discipline techniques that move aggressive behavior from the classroom to the playground, *The No-Fault Classroom*

leads students ages 7–12 to develop listening, problem solving and conflict resolution skills that will last a lifetime.



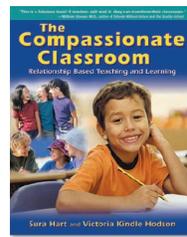
Nonviolent Communication Companion Workbook

A Practical Guide for Individual, Group or Classroom Study

by Lucy Leu

\$21.95 — Trade Paper 7 x 10, 224pp
ISBN: 978-1-892005-04-5 • Put the powerful, effective skills of NVC into practice with chapter-by-chapter study of Rosenberg's cornerstone text, *NVC: A Language of*

Life. Learn to create a supportive group learning or practice environment that nurtures all participants. Find a wealth of activities, exercises and facilitator suggestions for group interaction.



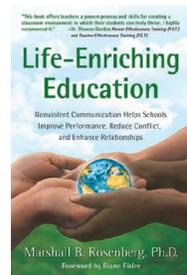
The Compassionate Classroom

Relationship-Based Teaching and Learning

by Sura Hart and Victoria Kindle Hodson

\$17.95 — Trade Paper 7-1/2 x 9-1/4, 208pp
ISBN: 978-1-892005-06-9 • This is a long-awaited how-to guide for educators who care about creating a safe, productive learning environment. With 45 years

combined teaching experience, Sura Hart and Victoria Kindle Hodson merge recent discoveries in brain research with the proven skills of NVC and come to a bold conclusion—when compassion thrives, so does learning.



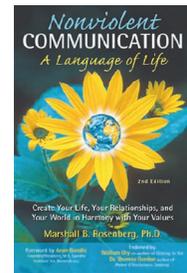
Life-Enriching Education

Nonviolent Communication Helps Schools Improve Performance, Reduce Conflict, and Enhance Relationships

by Marshall B. Rosenberg, Ph.D.

\$15.95 — Trade Paper 6 x 9, 192pp
ISBN: 978-1-892005-05-2 • Filled with insight, adaptable exercises and role-plays, *Life-Enriching Education* gives educators practical skills to generate mutually

respectful classroom relationships. Discover how our language and organizational structures directly impact student potential, trust, self-esteem and enjoyment of learning.



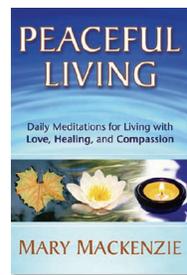
Nonviolent Communication: A Language of Life 2nd Edition

Create Your Life, Your Relationships, and Your World in Harmony With Your Values

by Marshall B. Rosenberg, Ph.D.

\$19.95 — Trade Paper 6 x 9, 240pp
ISBN: 978-1-892005-03-8 • In this internationally acclaimed text, Rosenberg introduces the powerful process of NVC

using insightful stories, anecdotes, practical exercises and role plays that will change your approach to communication for the better.



Peaceful Living

Daily Meditations for Living With Love, Healing, and Compassion

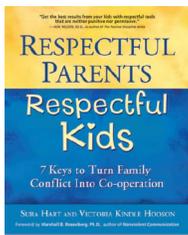
by Mary Mackenzie

\$19.95 — Trade Paper 5 x 7-1/2, 448pp
ISBN: 978-1-892005-19-9 • *Peaceful Living* goes beyond daily affirmations, providing the skills and consciousness you need to transform relationships, heal pain and discover the life-enriching meaning

behind even the most trying situations. Begin each day centered and connected to yourself and your values. Ground yourself in the power of compassionate, conscious living.

All titles available from PuddleDancer Press, The Center for Nonviolent Communication (www.CNVC.org), all major bookstores and Amazon.com. Wholesale distribution by Independent Publishers Group (IPG): 800-888-4741. For more information, special package offers, e-books, and multiple copy discounts, visit: www.NonviolentCommunication.com

NVC Trade Books

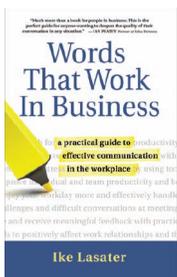


Respectful Parents, Respectful Kids

7 Keys to Turn Family Conflict Into Co-operation

by Sura Hart and Victoria Kindle Hodson
\$17.95 — Trade Paper 7-1/2 x 9-1/4, 256pp
ISBN: 978-1-892005-22-9 • Do more than

simply correct bad behavior—finally unlock your parenting potential. This complete handbook offers parents 7 Keys to discover the mutual respect and nurturing relationships you've been looking for.

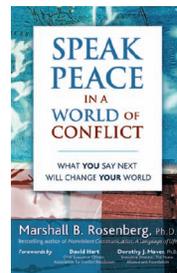


Words That Work In Business

A Practical Guide to Effective Communication in the Workplace

by Ike Lasater with Julie Stiles
\$12.95 — Trade Paper 5-3/8 x 8-3/8, 144pp
ISBN: 978-1-892005-01-4 • Do you wish for more respectful work relationships? To move beyond gossip and power struggles to improved trust and productivity? Former

attorney-turned-mediator, Ike Lasater, offers practical tools matched with recognizable work scenarios to help anyone address the most common workplace relationship challenges.



Speak Peace in a World of Conflict

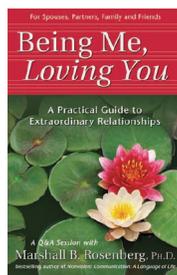
What You Say Next Will Change the World
by Marshall B. Rosenberg, Ph.D.

\$15.95 — Trade Paper 5-3/8 x 8-3/8, 208pp
ISBN: 978-1-892005-17-5 • Discover how you can create an internal consciousness of peace as the first step toward effective personal, professional and social change.

Find complete chapters on the mechanics of *Speaking Peace*, conflict resolution, transforming business culture, transforming enemy images, addressing and effective social change.

BUY ONLINE NOW at
www.NonviolentCommunication.com
See our website for special packages and multiple copy discounts!

NVC Trade Booklets

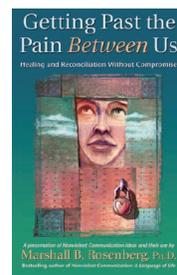


Being Me, Loving You

A Practical Guide to Extraordinary Relationships

by Marshall B. Rosenberg, Ph.D.
\$8.95 — Trade Paper 5-3/8 x 8-3/8, 80pp
ISBN: 978-1892005-16-8 • Many of us think of love as a strong emotion, a feeling we have for another person. Marshall Rosenberg's Nonviolent Communication helps us take a wholly different and

life-enriching approach to love. Watch your relationships strengthen as you learn to think of love as something you "do," something you give freely from the heart.

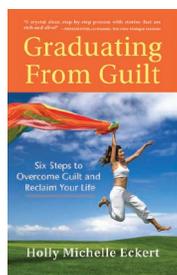


Getting Past the Pain Between Us

Healing and Reconciliation Without Compromise

by Marshall B. Rosenberg, Ph.D.
\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp
ISBN: 978-1892005-07-6 • Behind all emotional pain and internal conflict is an unmet need. In this training excerpt,

find simple steps to create the heartfelt presence necessary for lasting healing to occur—an effective tool for mediators, counselors, families and couples.

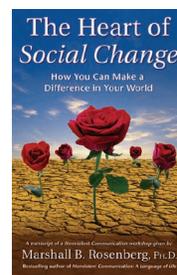


Graduating From Guilt

Six Steps to Overcome Guilt and Reclaim Your Life

by Holly Michelle Eckert
\$9.95 — Trade Paper 5-3/8 x 8-3/8, 96pp
ISBN: 978-1892005-23-6 • Is guilt leaving you stuck, stressed and feeling like you can never measure up? Do you struggle to forgive yourself for past experiences? Through a proven six-step process, this

book helps liberate you from the toxic guilt, blame and shame you carry.



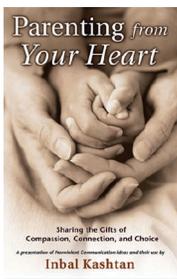
The Heart of Social Change

How to Make a Difference in Your World
by Marshall B. Rosenberg, Ph.D.

\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp
ISBN: 978-1892005-10-6 • In this important booklet, Marshall Rosenberg outlines his modern theory of social change and restorative justice. From the manner in which we communicate, to the intention we bring to every interaction, to the

organizational structures we support, social change "begins with me." Learn how creating an internal consciousness of compassion is a first and important step for effective social change.

NVC Trade Booklets



Parenting From Your Heart

Sharing the Gifts of Compassion, Connection and Choice

by **Inbal Kashtan**

\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp

ISBN: 978-1892005-08-3 • In this packed

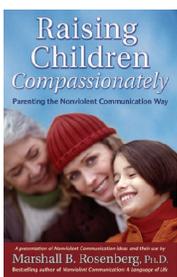
and practical booklet, Inbal Kashtan

describes how the NVC process can

transform parenting to promote peace for

generations to come. Parents, educators or

anyone in relationship with children will find this booklet filled with insightful perspectives and practical skills that will greatly nurture your connection with the children in your life.



Raising Children Compassionately

Parenting the Nonviolent Communication Way

by **Marshall B. Rosenberg, Ph.D.**

\$7.95 — Trade Paper 5-3/8 x 8-3/8, 32pp

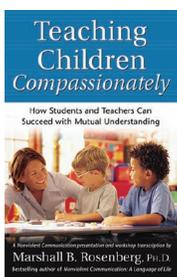
ISBN: 978-1892005-09-0 • Your search for

parenting skills is over. This powerful,

practical booklet offers the unique skills

and perspective of NVC to improve family

dynamics permanently. *Raising Children Compassionately* is an exceptional resource for parents, parent educators, families and anyone else who works with children.



Teaching Children Compassionately

How Students and Teachers Can Succeed With Mutual Understanding

by **Marshall B. Rosenberg, Ph.D.**

\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp

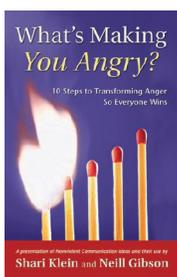
ISBN: 978-1892005-11-3 • In this keynote

address to a national conference of

Montessori educators, Marshall Rosenberg

describes his progressive, radical approach

to teaching that centers on compassionate connection. This is an exceptional resource for teachers, school counselors, school administrators, child care providers and more!



What's Making You Angry?

10 Steps to Transforming Anger So Everyone Wins

by **Shari Klein and Neill Gibson**

\$7.95 — Trade Paper 5-3/8 x 8-3/8, 32pp

ISBN: 978-1892005-13-7 • When we're

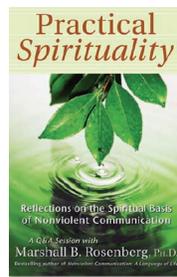
angry, we tend to get caught up in ideas of

right versus wrong - moralistic judgments

about the wrongness of a person's behavior.

In this concise booklet, you'll learn to view

anger as a life-enriching emotion that can wake us up to what we need and value. Find a powerful, step-by-step approach to transform anger to find healthy, mutually satisfying outcomes.



Practical Spirituality

Reflections on the Spiritual Basis of Nonviolent Communication

A Q&A Session with
Marshall B. Rosenberg, Ph.D.

bestselling author of *Nonviolent Communication: A Language of Life*

Practical Spirituality

Reflections on the Spiritual Basis of Nonviolent Communication

by **Marshall B. Rosenberg, Ph.D.**

\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp

ISBN: 978-1892005-14-4 • According to

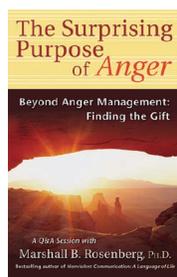
Marshall Rosenberg, Ph.D., our most basic

spiritual need is to contribute to the well

being of others and ourselves. These brief,

unscripted reflections on the spiritual basis

of NVC will inspire you not only to connect with the Divine in yourself and others, but to create a world of empathy and compassion where the language we use is the key to enriching life.



The Surprising Purpose of Anger

Beyond Anger Management: Finding the Gift

A Q&A Session with
Marshall B. Rosenberg, Ph.D.

bestselling author of *Nonviolent Communication: A Language of Life*

The Surprising Purpose of Anger

Beyond Anger Management: Finding the Gift

by **Marshall B. Rosenberg, Ph.D.**

\$8.95 — Trade Paper 5-3/8 x 8-3/8, 48pp

ISBN: 978-1892005-15-1 • Rather than

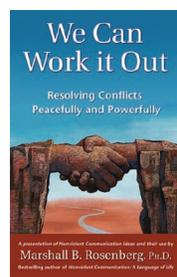
managing your anger by suppressing your

feelings or blasting someone with your

judgments, Marshall Rosenberg shows

you how to use anger to discover what

you need, and then how to meet your needs in constructive ways.



We Can Work it Out

Resolving Conflicts Peacefully and Powerfully

A Q&A Session with
Marshall B. Rosenberg, Ph.D.

bestselling author of *Nonviolent Communication: A Language of Life*

We Can Work It Out

Resolving Conflicts Peacefully and Powerfully

by **Marshall B. Rosenberg, Ph.D.**

\$7.95 — Trade Paper 5-3/8 x 8-3/8, 32pp

ISBN: 978-1892005-12-0 • Learn to inspire

genuine cooperation by focusing on the

unmet needs behind a conflict. NVC

inspires genuine cooperation by focusing

on the unmet needs behind the conflict.

Whether you're a professional mediator or wish to resolve a conflict with your spouse, child, or colleague, find practical skills to get to the heart of any issue.

“Nonviolent Communication (NVC) is one of the most useful processes you’ll ever learn.”

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

“... transform potential conflicts into peaceful dialogues. You’ll learn simple tools to defuse arguments and create compassionate connections with your family, friends and others.”

— **John Gray, Ph.D.**, author, *Men Are from Mars, Women Are from Venus*

Discover the Life-Changing Benefits of Nonviolent Communication

Parenting and Families

- Reduce family conflicts and sibling rivalry
- Move beyond power struggles to co-operation and trust
- Create a quality of connection that embodies unconditional love
- Protect and nurture the autonomy of children
- Motivate using “power-with” rather than “power-over”

Education and Schools

- Maximize the individual potential of all students
- Strengthen students’ interest, retention and connection to their work
- Improve safety, trust and co-operation in your classroom
- Strengthen classroom and teacher-parent relationships

Organizational Effectiveness

- Improve teamwork, efficiency and morale
- Increase meeting productivity
- Maximize the quality of your services or products
- Maximize your organization’s benefit to the community

Business Relationships

- Strengthen employee morale and loyalty
- Resolve workplace conflicts quickly and effectively
- Reduce office stress and absenteeism
- Maximize the potential of all employees
- Offer employee evaluations that promote personal growth
- Improve effectiveness of job and college interviews

Spirituality

- Connect your actions to your spiritual values
- Transform enemy images and moralistic judgments
- Connect to our common humanity
- Overcome cultural conditioning that promotes violence
- Care for your own needs first to fuel compassion for others

Personal Relationships

- Deepen your emotional connections
- Transform judgment/criticism into understanding/connection
- Listen so others are really heard
- Get what you want without using demands, guilt or shame
- Hear the needs behind whatever anyone does or says

Personal Growth and Healing

- Transform shame and depression into personal empowerment
- Heal old pain
- Transform unhealthy habits
- Stay connected to your own needs and preferences
- Live your life by choice

Anger Management

- Transform anger before it leads to behavior you’ll regret
- Discover the needs behind your anger
- Learn to appreciate what triggers you and others
- Identify solutions that are satisfying to everyone

Conflict Resolution

- Resolve conflicts peacefully—personal or public, domestic or international
- Get to the heart of conflict and disputes quickly
- Improve co-operation—listen so others are really heard
- Transform criticism and blame into compassionate connection
- Prevent future pain and misunderstanding

Expand Your Knowledge with our e-Newsletter— Get expert articles that help you apply these life-changing skills to your life, and receive exclusive specials on NVC books with our free, monthly **NVC Quick Connect e-Newsletter. Subscribe now at: www.NonviolentCommunication.com**

Tens of Thousands Trained in NVC Each Year

To find additional NVC audios, videos, publications, certified trainers, NVC training and local supporters in your area visit: www.CNVC.org

The NVC process offers people of any age, gender, ethnicity, and social, or economic background effective skills to transform relationships, conflict and violence one interaction at a time.

To date, more than **200 certified trainers** and hundreds more teach NVC to more than **100,000 people** in **35 countries** on **5 continents** every year. Around the

world, NVC has been adopted by Fortune 500 companies, government offices, schools, hospitals, university MBA and communication curriculum, community mediation centers, anger management programs, peace advocacy and social change advocates, inmate rehabilitation programs, and more.