

## Meet Lucy Leu

Author of the *Nonviolent Communication Companion Workbook*



Growing up bilingual and bicultural in Taiwan, Lucy Leu took an early interest in languages and the bridging of cultures. She began practicing Insight Meditation in 1986, and shortly thereafter her teaching career turned toward peace education. As a witness to the response of prisoners to Marshall Rosenberg's presentation of Nonviolent Communication (NVC), she was inspired to join the international Center for Nonviolent Communication as a trainer. She is the editor of both the first and second editions of Marshall Rosenberg's best selling *Nonviolent Communication: A Language of Life*.

Currently she serves on the Freedom Project, which supports the transition of prisoners into peacemakers to build safe communities founded on effective connections. Sharing with others the practices of NVC and mindfulness that have transformed her own life has left her feeling deeply rewarded. She is especially gratified to work side by side with colleagues who received NVC training inside prison and have since become peacemakers in their own communities. Lucy Leu is married, has two grown children, and is grateful for the opportunity she now has to tend to her elders.

Find out more about the Freedom Project at:

[www.projectcompute.org/freedom\\_project/freedom.asp](http://www.projectcompute.org/freedom_project/freedom.asp)

For all media inquiries, speaking engagements, publicity and public relations materials please contact: PuddleDancer Press, Phone: 858-759-6963, Fax: 858-759-6967, Email@PuddleDancer.com

For more information visit [www.NonviolentCommunication.com](http://www.NonviolentCommunication.com) and [www.CNVC.org](http://www.CNVC.org)