

Endorsements for *NVC Companion Workbook*



by **Lucy Lue**

“It amazes me how much we actually covered in class time using the *Companion Workbook*. We went over real-life situations and followed various exercises that promoted understanding the content more fully. Practicing with this workbook was the key for my success in understanding and using NVC!”

- **KIRSTEN INGRAM**, finance and administration officer, Children’s Commission Province of British Columbia, Canada

“Clear, concise, fun, and supportive, the workbook exercises and reading reviews provide tremendous tools to integrate NVC into everyday life, at work, at home, and at play.”

- **PENNY WASSMAN**, certified NVC trainer, Victoria, BC, Canada

“The *NVC Companion Workbook* draws out the essential NVC elements in a way that is fun to practice and makes learning the material much easier.”

- **JEFF CARL**, author, *Relationship Intelligence: Select and Nurture Healthy Relationships*

“The *NVC Companion Workbook* provides a comprehensive, turnkey program for people of any experience level to lead a group in practicing Nonviolent Communication. As the perfect companion to *Nonviolent Communication: A Language of Life*, the workbook provides universally applicable activities to reinforce your learning.”

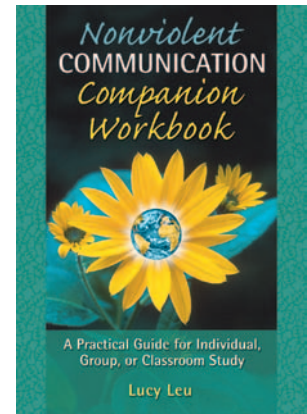
- **STUART WATSON**, facilitator and mediator, Portland, OR, USA

“I have used this workbook now in two prison facilities. It has been a wonderful tool for men and women who are committed to gaining useful life skills in some of the toughest of environments.”

- **KAREN M. CAMPBELL**, workforce/lifeskills coordinator, Coffee Creek Corrections Facility, Salem, OR, USA

“My therapist colleagues and I are very happy how the structure of the *Companion Workbook* enhances learning in our weekly practice group. More importantly, we’re grateful for the thought-provoking questions that have increased our self-knowledge and enhanced our consciousness of compassion and nonjudgment. I highly recommend it!”

- **MYRA WALDEN**, Lifelink Corp., Bensenville, IL, USA





“Both new and experienced groups benefit from using this practice guide. I consider this workbook to be one of the most important resources we have to help people build their NVC practice and empower their lives.”

- **MIKI KASHTAN**, certified NVC trainer, CNVC Social Change Project Coordinator, Berkeley, CA, USA

“Living in a place where there are few opportunities to participate in workshops or attend lectures, the *Companion Workbook* provided an exciting opportunity to learn NVC right here in my own backyard. I’ve used the “Workbook for two entirely different practice groups and strengthened my learning each time. With her complete instructions, I was able to structure a practice group comfortably and learn so much about connection and compassion. This is a great tool for beginners and also for those who want to deepen their understanding.”

- **C.A.**, Kona, Hawaii, USA

“Working weekly with three different practice groups, it’s been my experience that members with their own copy of the *NVC Companion Workbook* progress to ‘living’ the practice of NVC faster than those who don’t. Lucy Leu’s workbook promotes practice, lively discussion, and a deepening of NVC consciousness.”

- **M.F.**, Victoria, B.C., Canada

“In my opinion this Workbook is a very valuable resource for people who are self-directed learners and wish to continue their study of NVC. I will be recommending it to my 220 students.”

- **C.C.M.**, USA

“THANK YOU again, Lucy, for writing this workbook—it really makes my life more wonderful!!!!”

- **K.B.**, Denmark

Media Inquiries:

To schedule an interview with Lucy Leu or to request a review copy of the *Nonviolent Communication Companion Workbook* please contact our publicist Tiffany Meyer at 503-880-5308 or tiffany@puddledancer.com. For more information about the Nonviolent Communication process or the *Nonviolent Communication Companion Workbook*, please visit the PuddleDancer Press website at www.NonviolentCommunication.com