

## About the Author

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**SYLVIA HASKVITZ, MA, RD**, author of *Eat by Choice, Not by Habit*, is a registered dietitian since 1983 and certified trainer with the Center for Nonviolent Communication since 1989.

Sylvia combined her work as a dietitian and the Compassionate or Nonviolent Communication (NVC) process to provide much-needed skills for clients to create a healthy relationship with their bodies and food.

Using her unique approach, Sylvia developed the Fairview Hospital's first in-patient eating disorder program, with support from staff physicians and therapists. She also developed the *Weight to Go* program at the Northwest Racquet and Swim Club, in Minneapolis, MN. She has served as a private nutrition consultant for corporate wellness programs and individuals on issues concerning cholesterol, weight loss, diabetes and nutrition education. And she has offered a wide range of healthy cooking and vegetarian cooking classes.

Sylvia has also presented Compassionate Communication seminars to businesses and organizations including Head Start, Health Net, Silicon Graphics, Bechtel Corporation and St. Mary's Hospital. She has presented Nonviolent Communication skills at several conferences including the Navaho Nation Division of Social Services Annual Conference, at the National Association of Mediators in Education, National Conference on Peace and Conflict Resolution Studies, the California Association of Peer Professionals, and *Peacemaking: The Power of Nonviolence with the Dalai Lama*.

Sylvia's essay, "Enemy Images" was recently published in the book, *Healing Our Planet, Healing Ourselves*. Her monthly column "Finding the 'Right' Words" is published by Tucson West Publishing. She has also directed and produced a weekly radio program and hosted a television show, both of which were based in her training with Nonviolent Communication. She lives in Tucson, Arizona.



### Media Inquiries:

To schedule an interview with Sylvia Haskvitz or to request a review copy of *Eat by Choice, Not by Habit*, please contact our publicist Tiffany Meyer at 503-880-5308 or [tiffany@puddledancer.com](mailto:tiffany@puddledancer.com). For more information about the Nonviolent Communication process or *Eat by Choice, Not by Habit*, please visit the PuddleDancer Press website at [www.eatbychoice.com](http://www.eatbychoice.com)