

About the Author

Holly Michelle Eckert



Author of *Graduating From Guilt*

HOLLY MICHELLE ECKERT is the author of *Graduating From Guilt*. She first felt the power of Nonviolent Communication (NVC) as a way to increase the effectiveness and enjoyment of her parenting. Within an hour of beginning to read Marshall Rosenberg's *Nonviolent Communication: A Language of Life*, she was clear that sharing NVC would be her primary gift to the world.

By 2001, Holly was teaching these skills to other parents as Director of Northwest Attachment Parenting. However, her passion for NVC extended far beyond its usefulness in parenting. She knew that NVC transforms all types of relationships, and over the next few years, crafted a sequence of Nonviolent Communication courses into her Radiant Relationships Seminar Series, now available both as live seminars and online self-study classes.

Learn more at **www.HollyEckert.com**

Holly has a keen interest in the spiritual realm, having studied energy medicine and shamanism. Various teachings from these fields wind their way into the courses as well.

Formerly a teacher of music pedagogy and faculty member at Alfred University and Hamilton College, Holly displays a deep understanding of the artistry of teaching. Her teaching is described as perfectly balanced between structured and spontaneous, deep yet light-hearted. Her focus is to make NVC universally accessible, fool-proof, and uplifting.

Holly loves to create beauty in many forms. Over the course of a day, she may experience an exquisite moment of intimacy with one of her children, cook a gourmet meal, and knit a few rows on a mohair shawl. Holding a Doctorate in Music from the Eastman School of Music, Holly also delights audiences with jazz and classical performances on both violin and piano.



Media Inquiries:

To schedule an interview with Holly Michelle Eckert, author of *Graduating From Guilt* please contact our marketing director, Tiffany Meyer, at 360-891-4929 or tiffany@numamarketing.com. For more information about the Nonviolent Communication process or to request a review copy of *Graduating From Guilt*, please visit the PuddleDancer Press website at **www.GraduatingFromGuilt.com**

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