

Endorsements for Graduating From Guilt



PuddleDancer
PRESS

By Holly Michelle Eckert

Order at: www.GraduatingFromGuilt.com

"With clear, engaging writing, this short but compelling book lives up to its title, offering six steps to 'graduate' from feelings of guilt and regret. The ideas are general enough to be useful in any situation, with interesting, specific examples and stories to help bring it all home. I highly recommend this profoundly important book and plan to use it often in my counseling practice."

- JAN HUNT, M.Sc., parenting counselor, author of *The Natural Child: Parenting From the Heart*

"Many people think of Nonviolent Communication (NVC) as solely a communication tool when it is actually a vehicle for deep inner transformation. If your relationship with yourself isn't loving and connected, or if you are at war with yourself, then all of your relationships will suffer. Holly Eckert understands this, and her book is a wonderful and systematic teaching on how NVC can be used to transform inner consciousness. I will definitely be recommending this book to my therapy clients and students, who will benefit from its wisdom and practical examples."

- MARK J. GOODMAN, MA, mindfulness-based psychotherapist, faculty member at the Leadership Institute of Seattle (LIOS) Graduate College of Saybrook University, training future psychotherapist, business coaches and consultants

"*Graduating from Guilt* offers a clear pathway for letting go of any old programming around guilt. If there is anything in your world where you are feeling stuck, I invite you to allow this process to contribute to your wholeness and well-being now."

- SANDY FOX, founder, Seattle Center For Peace

"Reading about guilt may not sound like a fascinating and hopeful subject, but Holly makes it so. In this straightforward and yet profound volume, you will be surprised with both the simplicity and profundity of her methodology. Highly recommended for those who want to learn to live more lightly and hopefully in all relationships."

- JUDITH HANSON LASATER, Ph.D., PT, yoga teacher since 1971 and co-author (with Ike K. Lasater) of *What We Say Matters: Practicing Nonviolent Communication*

"*Graduating From Guilt* offers a simple six-step process for overcoming guilt gently, easily, and effectively. Eckert's approach is clear and direct, insightful and creative, warm as a summer breeze, and yet powerful enough to move mountains of painful emotion. If you're looking for a book to help free your heart, *Graduating From Guilt* is a great choice!"

- CAT SAUNDERS, Ph.D., author of *Dr. Cat's Helping Handbook: A Compassionate Guide for Being Human*

"*Graduating from Guilt* is a wise, unique, and beautifully written guidebook for those who want to release the quagmire their guilt leaves them in. Holly's *Six Steps to Overcome Guilt* are simple, practical, and yet profoundly life changing."

- MARY MACKENZIE, international peacemaker, author of *Peaceful Living*, and cofounder of the NVC Academy

"I find this book marvelously clear and accessible, and recommend it widely. I appreciate the diversity of situations represented, and imagine readers feeling immediately encouraged and confident in walking their own situation through the clearly delineated process. This is a great contribution, Holly, and I thank you for the care you have taken to offer your teaching and experience in a form that will benefit so many of us."

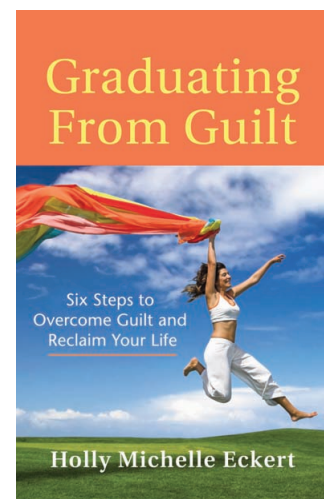
- LUCY LEU, cofounder, Freedom Project and Freedom Project Canada, and coauthor, *Nonviolent Communication Toolkit for Facilitators*

"What I love about this book is that it's so practical! NVC is a lot easier to understand than it is to do, but Holly offers a crystal clear, step-by-step process that really is easy to follow. The stories are rich and alive and open up a whole range of ideas of how and when to use her *Graduating from Guilt* process."

- MIRIAM DYAK, cofounder, The Voice Dialogue Institute

"I recommend *Graduating from Guilt* to anyone suffering from present guilt or the debilitating condition of lingering guilt. Its simplicity, clarity, and abundant examples interlaced with helpful teachings makes freedom from guilt accessible to ordinary people. And what a practical resource for therapists! Thank you Holly for this wonderful contribution to peace on our planet."

- JUDI MORIN, Sister of St. Ann, and coauthor, *Nonviolent Communication Toolkit for Facilitators*



"Guilt is the leading cause of an unfulfilled life. Holly Eckert's step-by-step guide transforms guilt into positive feelings and actions, systematically connecting us to our true power."

- **MARIE MANUCHEHRI, R.N.**

"Wrestling with guilt is a common theme of most human beings on a spiritual journey. Holly's book is a practical guide to stop the circular thinking that often comes with it. As a pastor, I long to help my congregants release the hold guilt has on many of them. I believe Holly's work could help them do just that."

- **REV. JOY R. HAERTIG**, senior minister, Richmond Beach UCC

"*Graduating From Guilt* is a powerful, practical, step-by-step guide for liberation from the slavery of destructive guilt. I recommend it for ministers, pastoral counselors, therapists, and anyone dealing with this issue."

- **REV. ED BROCK**, minister and licensed therapist

"The six step process presented by Holly is a direct and very effective way to bring underlying issues of guilt to consciousness. Holly's compassionate teaching led to remarkable insights about some of my own old patterns."

- **RAIMUND HERBERG**, Meditation Instructors Coordinator of the Seattle Shambhala Center

"*Graduating From Guilt* brings a beautiful level of sensitivity and clarity to the tangled difficulties of guilt and internal conflict. Rich with examples, the principles and healing are made clear through experience. Anyone wanting guidance and clarity about self-empathy will benefit from these pages."

- **WES TAYLOR**, hospital administrator

"I feel energized and alive having the skills to eliminate guilt dragged around for years. Holly's book provides a step-by-step guide and presents this complex subject in an easy to navigate format. May you enjoy living guilt free."

- **RAJ GILL**, Mindfully Compassionate (MC), CNVC certified trainer, professional coach, and coauthor, *Nonviolent Communication Toolkit for Facilitators*

"I heartily recommend this book to all parents. If you ever find yourself weighed down by thoughts that you 'should have' done things differently to be a 'good parent' (and who doesn't?), try this step-by-step process and experience the results of renewed energy, clarity, and peace of mind."

- **SURA HART**, author of *Respectful Parents, Respectful Kids: 7 Keys to Turn Family Conflict Into Co-operation*

"Guilt is the second wound for so many families of patients who wonder what they should have done differently or how they can possibly make a good decision from bad options. In *Graduating from Guilt*, Holly Eckert offers a salve that heals. It will help families find their greatest joy and contribution so they can support the patients they love."

- **TIM DAWES**, speaker, trainer, and award-winning author of *Healing from the Heart*

"In this short, powerful and inimitably practical book, Holly, a master of the art of NVC, guides us through a short series of questions designed to transform guilt: to learn from what it teaches us about ourselves, to let it go, and to move on in a positive direction. I will be sharing this with our parents and adding it to our library of recommended resources for hurting parents."

- **VIRGINIA DAY**, Resource Director for the Changes Parent Support Network

"Reading *Graduating From Guilt*, I felt Holly's steady hand on the tiller, guiding me through the stormy seas of guilt and into the calm waters of forgiveness, understanding, and steady, forward momentum. Before I was even finished, I was feeling more empowered and peaceful, learning from my regrets instead of being stuck in suffering. And you don't need to know NVC to benefit from this book!"

- **BARBARA LARSON**, CNVC certified trainer

"The book aligns a clear, fun, and precise path to address the crucial topic of guilt, the centerpiece of so much emotional, spiritual, and physical stagnation. Holly offers a refreshing dive right into the heart of what NVC is trying to achieve. The book gets to the meat of the matter, and offers a tool to rekindle the vibrance of our deepest, best intentions."

- **ELIZABETH M. DORN, M.D.**

"Holly has created a remarkable resource — easily understood, readily usable, and highly effective. I look forward to introducing my clients to *Graduating from Guilt*."

- **PAMELA GRACE, DAPA**, psychotherapist

Media Inquiries:

To schedule an interview with Holly Michelle Eckert, 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