



PuddleDancer P R E S S

2008-2009 NONVIOLENT COMMUNICATION PRODUCT CATALOG

“ Nonviolent Communication
is instrumental in creating an

**extraordinary
quality of life.**

This compassionate and inspiring
message cuts right to the heart
of successful communication.”

- Anthony Robbins,

author, *Awaken the Giant Within*
and *Unlimited Power*

**STRENGTHEN RELATIONSHIPS • HEAL PAIN • TRANSFORM ANGER • REDUCE CONFLICT
MAXIMIZE STUDENT POTENTIAL • INCREASE PRODUCTIVITY • IMPROVE MORALE**



Personal Relationships • Business • Families and Parenting • Mediation • Mental Health

www.NonviolentCommunication.com

NVC Trade Books

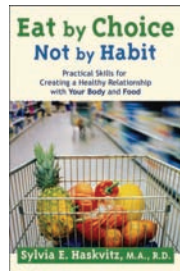


Being Genuine

Stop Being Nice, Start Being Real

by **Tom D'Ansembourg**

\$15.95 - Trade Paper 5-3/8x8-3/8, 272pp
ISBN: 978-1-892005-21-2 • A fresh new perspective on the proven skills offered in *NVC: A Language of Life*. Drawing on real-life examples and stories, d'Ansembourg provides practical skills and concrete steps to safely remove the masks we wear that prevent the intimacy and relationships we desire with intimate partners, children, parents, friends and colleagues.



Eat by Choice, Not by Habit

Practical Skills for Creating a Healthy Relationship with Your Body and Food

by **Sylvia Haskvitz**

\$8.95 - Trade Paper 5-3/8x8-3/8, 128pp
ISBN: 978-1-892005-20-5 • This conversational, bite-sized book combines sound dietary advice with NVC to help readers get to the core of emotional eating and negative body image in the moment.

Filled with real-life stories, accessible dialogue and powerful personal growth skills to help transform how we think about our bodies and food.



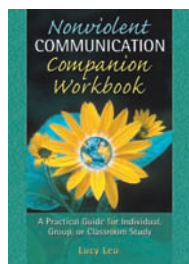
The No-Fault Classroom

Tools to Resolve Conflict & Foster Relationship Intelligence

by **Sura Hart and Victoria Kindle Hodson**

\$24.95 - Trade Paper 8-1/2x11, 240pp
ISBN: 978-1-892005-18-2 • Offering far more than discipline techniques that move aggressive behavior from the classroom to the playground, *The No-Fault Classroom*

leads students ages 7–12 to develop listening, problem solving and conflict resolution skills that will last a lifetime.



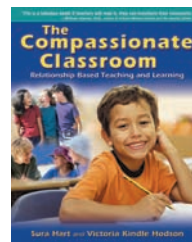
Nonviolent Communication Companion Workbook

A Practical Guide for Individual, Group or Classroom Study

by **Lucy Leu**

\$19.95 - Trade Paper 7x10, 224pp
ISBN: 978-1-892005-04-5 • Put the powerful, effective skills of NVC into practice with chapter-by-chapter study of Rosenberg's

cornerstone text, *NVC: A Language of Life*. Learn to create a supportive group learning or practice environment that nurtures all participants. Find a wealth of activities, exercises and facilitator suggestions for group interaction.

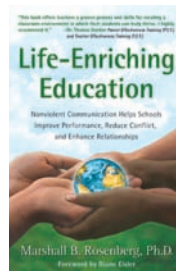


The Compassionate Classroom

Relationship-Based Teaching and Learning

by **Sura Hart and Victoria Kindle Hodson**

\$17.95 - Trade Paper 7-1/2 x 9-1/4, 208pp
ISBN: 978-1-892005-06-9 • This is a long-awaited how-to guide for educators who care about creating a safe, productive learning environment. With 45 years combined teaching experience, Sura Hart and Victoria Kindle Hodson merge recent discoveries in brain research with the proven skills of NVC and come to a bold conclusion—when compassion thrives, so does learning.



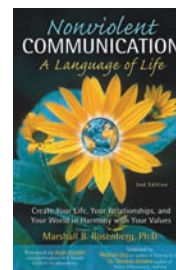
Life-Enriching Education

Nonviolent Communication Helps Schools Improve Performance, Reduce Conflict, and Enhance Relationships

by **Marshall B. Rosenberg, Ph.D.**

\$12.95 - Trade Paper 6x9, 192pp
ISBN: 978-1-892005-05-2 • Filled with insight, adaptable exercises and role-plays, *Life-Enriching Education* gives educators

practical skills to generate mutually respectful classroom relationships. Discover how our language and organizational structures directly impact student potential, trust, self-esteem and enjoyment of learning.



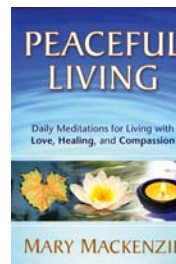
Nonviolent Communication: A Language of Life

2nd Edition
Create Your Life, Your Relationships, and Your World in Harmony with Your Values

by **Marshall B. Rosenberg, Ph.D.**

\$17.95 - Trade Paper 6x9, 240pp
ISBN: 978-1-892005-03-8 • In this internationally acclaimed text, Rosenberg introduces the powerful process of NVC using insightful

stories, anecdotes, practical exercises and role plays that will change your approach to communication for the better. Learn how to strengthen your relationships, heal pain, build trust and prevent and resolve conflicts peacefully.



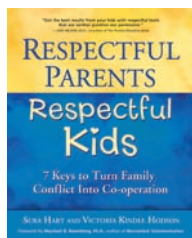
Peaceful Living

Daily Meditations for Living with Love, Healing, and Compassion

by **Mary Mackenzie**

\$16.95 - Trade Paper 5 x 7-1/2, 390pp
ISBN: 978-1-892005-19-9 • *Peaceful Living* goes beyond daily affirmations, providing the skills and consciousness you need to transform relationships, heal pain and discover the life-enriching meaning behind even the most trying situations. Begin each day centered and connected to yourself and your values. Ground yourself in the power of compassionate, conscious living.

NVC Trade Books



Respectful Parents, Respectful Kids

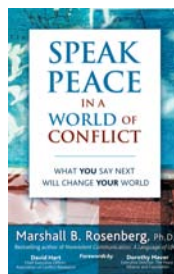
7 Keys to Turn Family Conflict into Co-operation

by **Sura Hart and Victoria Kindle Hodson**

\$15.95 - Trade Paper 7-1/2 x 9-1/4, 252pp

ISBN: 978-1-892005-22-9 • Do more than simply correct bad behavior — finally unlock your parenting potential. This complete handbook offers parents 7 Keys to discover

the mutual respect and nurturing relationships you've been looking for.



Speak Peace in a World of Conflict

What You Say Next Will Change the World

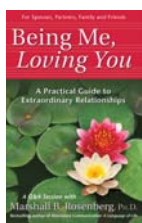
by **Marshall B. Rosenberg, Ph.D.**

\$15.95 - Trade Paper 5-3/8 x 8-3/8, 240pp

ISBN: 978-1-892005-17-5 • Discover how you can create an internal consciousness of peace as the first step toward effective personal, professional and social change. Find complete chapters on the mechanics of *Speaking Peace*, conflict resolution,

transforming business culture, transforming enemy images, addressing and effective social change.

NVC Trade Booklets



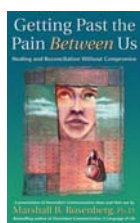
Being Me, Loving You

A Practical Guide to Extraordinary Relationships

by **Marshall B. Rosenberg, Ph.D.**

Watch your relationships strengthen as you learn to think of love as something you "do."

80pp • ISBN: 978-1-892005-16-8 • **\$6.95**



Getting Past the Pain Between Us

Healing and Reconciliation Without Compromise

by **Marshall B. Rosenberg, Ph.D.**

Learn simple steps to create the heartfelt presence necessary for lasting healing to occur. Great for mediators, counselors, families and couples.

48pp • ISBN: 978-1-892005-07-6 • **\$6.95**

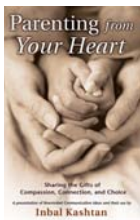


The Heart of Social Change

How to Make a Difference in Your World

by **Marshall B. Rosenberg, Ph.D.** • Learn

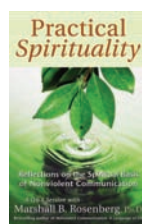
how creating an internal consciousness of compassion can impact your social change efforts. 48pp • ISBN: 978-1-892005-10-6 • **\$6.95**



Parenting From Your Heart

Sharing the Gifts of Compassion, Connection, and Choice • by **Inbal Kashtan**

Filled with insight and practical skills, this booklet will help you transform your parenting to address every day challenges. 48pp • ISBN: 978-1-892005-08-3 • **\$6.95**



Practical Spirituality

Reflections on the Spiritual Basis of Nonviolent Communication

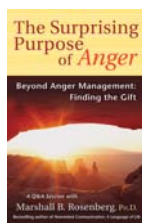
by **Marshall B. Rosenberg, Ph.D.** • Marshall's views on the spiritual origins of NVC, and how practicing the process helps him connect to the Divine. 48pp • ISBN: 978-1-892005-14-4 • **\$6.95**



Raising Children Compassionately

Parenting the Nonviolent Communication Way

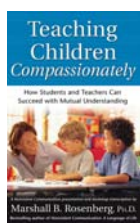
by **Marshall B. Rosenberg, Ph.D.** • Filled with insight and stories, this booklet will prove invaluable for parents, teachers and others who want to nurture children and themselves. 32pp • ISBN: 978-1-892005-09-0 • **\$5.95**



The Surprising Purpose of Anger

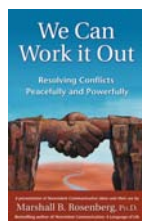
Beyond Anger Management: Finding the Gift

by **Marshall B. Rosenberg, Ph.D.** • Learn to use anger to discover what you need, and then how to meet your needs in more constructive, healthy ways. 48pp • ISBN: 978-1-892005-15-1 • **\$6.95**



Teaching Children Compassionately

How Students and Teachers Can Succeed with Mutual Understanding • by **Marshall B. Rosenberg, Ph.D.** • In this national keynote address to Montessori educators, Rosenberg describes his progressive, radical approach to teaching. 48 pp • ISBN: 978-1-892005-11-3 • **\$6.95**

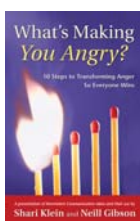


We Can Work It Out

Resolving Conflicts Peacefully and Powerfully

by **Marshall B. Rosenberg, Ph.D.**

Practical suggestions for fostering caring, genuine cooperation and satisfying resolutions in even the most difficult situations. 32pp ISBN: 978-1-892005-12-0 • **\$5.95**



What's Making You Angry?

10 Steps to Transforming Anger So Everyone Wins

by **Shari Klein and Neill Gibson**

A powerful, step-by-step approach to transform anger to find healthy, mutually satisfying outcomes. 32pp, ISBN: 978-1-892005-13-7 • **\$5.95**

BUY ONLINE NOW at www.NonviolentCommunication.com

See our website for special packages and multiple copy discounts!

“Marshall Rosenberg’s dynamic communication techniques transform potential conflicts into **peaceful dialogues**. You’ll learn simple tools to defuse arguments and **create compassionate connections** with your family, friends and others.”

— **John Gray, Ph.D.**, author, *Men Are from Mars, Women Are from Venus*

Discover the Life-Changing Benefits of Nonviolent Communication

Parenting and Families

- Reduce family conflicts and sibling rivalry
- Move beyond power struggles to co-operation and trust
- Create a quality of connection that embodies unconditional love
- Protect and nurture the autonomy of children
- Motivate using “power-with” rather than “power-over”

Education and Schools

- Maximize the individual potential of all students
- Strengthen students’ interest, retention and connection to their work
- Improve safety, trust and co-operation in your classroom
- Strengthen classroom and teacher-parent relationships

Organizational Effectiveness

- Improve teamwork, efficiency and morale
- Increase meeting productivity
- Maximize the quality of your services or products
- Maximize your organization’s benefit to the community

Business Relationships

- Strengthen employee morale and loyalty
- Resolve workplace conflicts quickly and effectively
- Reduce office stress and absenteeism
- Maximize the potential of all employees
- Offer employee evaluations that promote personal growth
- Improve effectiveness of job and college interviews

Spirituality

- Connect your actions to your spiritual values
- Transform enemy images and moralistic judgments
- Connect to our common humanity
- Overcome cultural conditioning that promotes violence
- Care for your own needs first to fuel compassion for others

Personal Relationships

- Deepen your emotional connections
- Transform judgment/criticism into understanding/connection
- Listen so others are really heard
- Get what you want without using demands, guilt or shame
- Hear the needs behind whatever anyone does or says

Personal Growth and Healing

- Transform shame and depression into personal empowerment
- Heal old pain
- Transform unhealthy habits
- Stay connected to your own needs and preferences
- Live your life by choice

Anger Management

- Transform anger before it leads to behavior you’ll regret
- Discover the needs behind your anger
- Learn to appreciate what triggers you and others
- Identify solutions that are satisfying to everyone

Conflict Resolution

- Resolve conflicts peacefully—personal or public, domestic or international
- Get to the heart of conflict and disputes quickly
- Improve co-operation—listen so others are really heard
- Transform criticism and blame into compassionate connection
- Prevent future pain and misunderstanding

Expand Your Knowledge with our e-Newsletter — Get expert articles that help you apply these life-changing skills to your life, and receive exclusive specials on NVC books with our free monthly **NVC Quick Connect e-Newsletter**. **Subscribe now at: www.NonviolentCommunication.com**

Tens of Thousands Trained in NVC Each Year

To find additional NVC audios, videos, publications, certified trainers, NVC training and local supporters in your area visit: **www.CNVC.org**

International peacemaker, mediator and founder of the Center for Nonviolent Communication, Dr. Marshall Rosenberg spends more than **150 days** each year teaching NVC throughout the U.S. and in some of the most impoverished, war-torn states of the world. The NVC process offers people of any age, gender, ethnicity or socioeconomic background effective skills to transform relationships, conflict and violence one interaction at a time.

To date, more than **200 certified trainers** and hundreds more teach NVC to more than **100,000 people** in **35 countries** on **5 continents** every year. Around the world, NVC has been adopted by Fortune 500 companies, government offices, schools, hospitals, university MBA and communication curriculum, community mediation centers, anger management programs, peace advocacy and social change advocates, inmate rehabilitation programs, and more.