

Quick Facts About *Compassionate Communication*

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D. *Eat by Choice, Not by Habit* is based on this groundbreaking work.
- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.
- At the root of the NVC process are 4 basic assumptions about human nature and language:
 1. We all share the same basic, universal human needs
 2. Feelings and emotions are signals telling us that our needs are or are not being met
 3. Compassion is our basic human nature
 4. At the core of all conflict, violence and emotional pain are needs that are not being met
- The NVC process is used to heal emotional pain, reduce aggression and fortify relationships
- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.
- The NVC process is taught in hospitals, classrooms, corporations, mediation centers, prisons and other organizations around the world
- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization
- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to approximately 250,000 people in 35 countries on six continents each year



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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 marketing director, Tiffany Meyer at 360-891-4929 or tiffany@numamarketing.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