

Nonviolent Communication A Language Of Life (Nonviolent Communication Guides)

Teaches how to use nonviolent communication to resolve issues in life, work, and family relationships.

Nonviolent CommunicationA Language of CompassionPuddle Dancer Press

This book is a call to action. We spend about eighty percent of our day at work, the rest is at home. If we have a bad day at work we are likely to take that negativity home with us and vice versa. It is of paramount importance that we create healthy environments in the spaces that most affect our lives by giving of our best and receiving the like in return. The 5 Chairs is a powerful and systematic method which helps us master our own behaviours and manage the behaviours of others. To be a good leader is to contribute to the success and happiness of everyone, at work and at home, on a conscious level. The 5 Chairs offer 5 Choices. Which will you choose?"One of the most practical books on emotional intelligence that I have ever read."Richard Barrett, Chairman and Founder of the Barrett Values Centre."Louise's work is for people with the intelligence and humility to believe that in life one can always improve, one can try to understand before judging and one can listen to other people's convictions no matter how diverse. In an increasingly multicultural, globalised world where managing diversity is key to success, Louise's guidelines should be a moral obligation."Franco Moschetti CEO, Axel Glocal Business, previously CEO of Amplifon Ltd"The 5 Chair experience is powerful. After reading the book you feel more equipped, excited even, to manage your daily behaviours and conversations in a completely new way, both at work and at home. It's a real game changer."David Trickey CEO at TCO International and Partner at Viral Change TM"Louise's groundbreaking book is for anyone who is interested in bringing more empathy, emotional intelligence and consciousness into their career (and into their daily life). The examples in this insightful book are practical and easy to integrate, and it's a must-read for anyone who wants to be an inspiring and more effective Leader."Ellen Looyen, Bestselling Author, "Branded for Life!"

In every interaction, every conversation and in every thought, you have a choice & – to promote peace or perpetuate violence. International peacemaker, mediator and healer, Dr. Marshall B. Rosenberg shows you how the language you use is the key to enriching life. Take the first step to reduce violence, heal pain, resolve conflicts and spread peace on our planet & – by developing an internal consciousness of peace rooted in the language you use each day. Speak Peace is filled with inspiring stories, lessons and ideas drawn from over 40 years of mediating conflicts and healing relationships in some of the most war torn, impoverished, and violent corners of the world. Speak Peace offers insight, practical skills, and powerful tools that will profoundly change your relationships and the course of your life for the better. Bestselling author of the internationally acclaimed, Nonviolent Communication: A Language of Life. 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 Nonviolent Communication, effective conflict resolution, transforming business culture, transforming enemy images, addressing terrorism, transforming authoritarian structures, expressing and receiving gratitude, and social change.

You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you're about to say or do something that will likely make it worse. You have an alternative. By practicing the Nonviolent Communication (NVC) process you can use that anger to serve a specific, life-enriching purpose. It tells you that you're disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways. This booklet will help you apply these four key truths: - People or events may spark your anger but your own judgments are its cause - Judging others as "wrong" prevents you from connecting with your unmet needs - Getting clear about your needs helps you identify solutions satisfying to everyone - Creating strategies focused on meeting your needs transforms anger into positive actions

A Tool for Navigating Your Journey

The Compassionate Classroom

The Spiritual Basis of Nonviolent Communication

Relationship Based Teaching and Learning

Life-Changing Tools for Healthy Relationships

Being Me, Loving You

Pathways to Nonviolent Communication

In this important and insightful work, Marshall B. Rosenberg, PhD, demonstrates the powerful healing potential of the Nonviolent Communication (NVC) process. You can transform emotional pain, depression, shame, and conflict into empowering connections. Rosenberg shares that behind all emotional pain are unmet needs. He provides simple steps to create the heartfelt presence necessary for healing to occur. Learn how to transform your relationships, find satisfying reconciliation, and move beyond pain to a place of clear, honest communication.

Through role-play dialogues and every-day examples, Rosenberg demonstrates the keys to healing pain and conflict without compromise. The healing power of NVC provides practical and effective tools for individuals, mental health practitioners, mediators, families and couples.

When Students Love to Learn and Teachers Love to Teach In this revolutionary book, Marshall Rosenberg empowers educators to transform schools into life-serving, learning-rich environments that maximize the potential of each student. 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 student enjoyment in their learning. Rediscover the joy of teaching in a classroom where each person's needs are respected! Learn Practical Skills to: - Maximize student potential - Strengthen your classroom community - Resolve and prevent conflicts peacefully - Improve the quality of classroom and school relationships

Many of us think of love as a strong emotion, a feeling we have for another person. Marshall Rosenberg's helps us take a wholly different and life-enriching approach to love. Love is something you "do," something you give freely from the heart. Using the Nonviolent Communication (NVC) process, learn how to express yourself nakedly and honestly to your partner, friends, or family, for no other purpose than to reveal what's present or alive in you. Discover what thousands of people around the world already know: A heart to heart connection strengthened by joyfully giving and receiving is the love you long to experience. Discover how to: - Free yourself from the burden of proving your love and requiring proof in return - Avoid doing anything out of guilt, resentment, shame or obligation - Learn to effectively express how you are and what you need

Learn how to communicate with compassion and choose language that reflects your personal values and aims with this essential guide to Nonviolent Communication. Judith Hanson Lasater and Ike Lasater, long-term students of yoga and Buddhism, had studied the concepts of satya (truth) and the Buddhist principle of right speech for years but it was not until they began practicing Marshall Rosenberg ' s techniques of Nonviolent Communication (NVC) that the concept of speech as a spiritual practice became real for them. In What We Say Matters, the authors describe their personal journey through NVC, and detail how speech becomes a spiritual practice when you give and receive with compassion all the time--at home, at work, and in the world. They introduce the basics of NVC with clear explanations, personal examples, exercises, and resources. Some of the skills you ' ll learn include: Extending empathy to yourself and others Distinguishing between feelings and needs Making requests rather than demands Creating mutually satisfying outcomes And many more This new edition includes updated resources and a preface by Judith Hanson Lasate.

" Judith Butler is the most creative and courageous social theorist writing today." – Cornel West " Judith Butler is quite simply one of the most probing, challenging, and influential thinkers of our time. " – J. M. Bernstein Judith Butler ' s new book shows how an ethic of nonviolence must be connected to a broader political struggle for social equality. Further, it argues that nonviolence is often misunderstood as a passive practice that emanates from a calm region of the soul, or as an individualist ethical relation to existing forms of power. But, in fact, nonviolence is an ethical position found in the midst of the political field. An aggressive form of nonviolence accepts that hostility is part of our psychic constitution, but values ambivalence as a way of checking the conversion of aggression into violence. One contemporary challenge to a politics of nonviolence points out that there is a difference of opinion on what counts as violence and nonviolence. The distinction between them can be mobilized in the service of ratifying the state ' s monopoly on violence. Considering nonviolence as an ethical problem within a political philosophy requires a critique of individualism as well as an understanding of the psychosocial dimensions of violence. Butler draws upon Foucault, Fanon, Freud, and Benjamin to consider how the interdiction against violence fails to include lives regarded as ungrievable. By considering how " racial phantasms " inform justifications of state and administrative violence, Butler tracks how violence is often attributed to those who are most severely exposed to its lethal effects. The struggle for nonviolence is found in movements for social transformation that reframe the grievability of lives in light of social equality and whose ethical claims follow from an insight into the interdependency of life as the basis of social and political equality.

Practices for Embodying Nonviolent Communication

Nonviolent Communication at Work

The Art of Nonviolent Communication

5 Chairs 5 Choices

A Practical Guide for Individual, Group, Or Classroom Study

Giraffe Juice - Workbook

Eat by Choice, Not by Habit

"Building on research in brain science, emotional intelligence, and organisational theory, this title answers questions about the true definition of empathy. It presents an exploration into business productivity and office management that offers both real-world insights and practical ways to build transformative empathy skills organisation-wide." --Publisher description.

The go-to guide to understand and unpack shame: what it is, why we feel it, and how to undo the lies it tells us about ourselves. Are you ready to get Discomfortable? This is a book about shame: what it is, why we have it, and how we can break its hold on our happiness. We all know shame: it's that feeling that tells us that somehow, who we are is inherently wrong. It's more than embarrassment or regret: it shakes us to the core. And most of all, it tells us that we need to be, feel, and act differently in order to be seen, loved, and accepted. Author and "shame-ed" coach AJ Bond takes us through his own shame breakthrough, sharing how he went from I'd rather die than be gay to uncovering and reclaiming his inherent wholeness and worth. With unexpected humor, warmth, and candid personal stories, Bond shows readers: • Why shame shows up--the trauma, fixed mindsets, and messaging that give it a foothold • How shame tricks you into believing there's something wrong with you, even when you're perfectly right • The evolutionary reasons we humans developed a sense of shame (and why it doesn't serve us today) • How to manage and deprogram shame through connection, gratitude, and empowered choice • How we can re-parent ourselves, be fully seen, and feel fully loved Bond shines a light on this feeling that doesn't want to be seen, heard, or named--and invites us to bring our own shame into the open and release it to reclaim and reframe our lives in a powerful new way.

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. The skills and perspectives of the Nonviolent Communication (NVC) process are applied to parenting in this resource for parents and teachers. NVC stresses the importance of putting compassionate connection first to create a mutually respectful, enriching family dynamic filled with clear, heartfelt communication.

Find your voice, speak your truth, listen deeply—a guide to having more meaningful and mindful conversations through nonviolent communication We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack? In this groundbreaking synthesis of mindfulness, somatics, and Nonviolent Communication, Oren Jay Sofer offers simple yet powerful practices to develop healthy, effective, and satisfying ways of communicating. The techniques in Say What You Mean will help you to: • Feel confident during conversation • Stay focused on what really matters in an interaction • Listen for the authentic concerns behind what others say • Reduce anxiety before and during difficult conversations • Find nourishment in day-to-day interactions “Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart.” —Tara Brach, author of Radical Acceptance and True Refuge

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

Nonviolent Communication

Spinning Threads of Radical Aliveness

Life-enriching Education

Practical Spirituality

Raising Children Compassionately

How to Make a Difference in Your World

Clinical psychologist Marshall B. Rosenberg offers an enlightening look at how peaceful communication can create compassionate connections with family, friends, and other acquaintances.

Combining sound dietary information with the techniques of the Nonviolent Communication (NVC) process, this booklet shifts the focus from simple weight loss to changing the ways readers relate to food and their food choices. Eating is a need, but for those caught in cycles of overconsumption and dieting, it's often a poor attempt to meet other needs, such as emotional fulfillment. When reconnected to actual needs, however, consumption habits turn into nutritional choices, signaling greater freedom. Practical strategies are outlined for breaking out of cycles of eating and becoming aware of one's needs. Rather than being a proscriptive fad diet, the suggestions encourage readers to explore the emotional consciousness that underlies their eating patterns, freeing them to once again enjoy the tastes, smells, and sensations of good eating.

Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery. Brief, unscripted reflections on the spiritual underpinnings of non-violent communication inspire readers to connect with the divine in themselves and others in order to create social relationships based on empathy.

In this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's difficult situations and conversations with ease and even excitement. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression, facing conflict with ease, and finding balance by staying connected to basic needs.

Drawing from Buddhist and yogic precepts, this practical guide offers tools for becoming a better, more compassionate communicator at home, at work, and in the world Have you ever tried to tell someone what you want only to feel misunderstood and frustrated? Or hesitated to ask for what you needed because you didn't want to burden the other person? Or been stuck in blame or anger that wouldn't go away? Judith and Ike Lasater, long-term students of yoga and Buddhism, experienced dilemmas like these, too. Even though they had studied the yoga principle of satya (truth) and the Buddhist precept of right speech, it was not until they began practicing Marshall Rosenberg's techniques of Nonviolent Communication (NVC) that they understood how to live satya and right speech. In What We Say Matters, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion—everywhere, all the time—whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge—even in writing this book! They guide you through an introduction to NVC with clear explanations, poignant examples, suggested exercises, and helpful resources. With practice, you'll learn new ways to: • Extend empathy to yourself and others • Distinguish between feelings and needs • Make requests rather than demands • Choose connection over conflict • Create mutually satisfying outcomes

The Joy of Compassionate Connecting

Transforming Terror

Creating Cultures of Compassion with Nonviolent Communication

A Practical Guide to Extraordinary Relationships

Say What You Mean

The Basics As I Know and Use Them

Beyond Anger Management : Finding the Gift

Ready to take your career to the next level? Find out everything you need to know about nonviolent communication at work with this practical guide. Communication is an essential part of life, both professionally and personally. But it is essential to communicate without descending into violence or aggression and to instead approach conflict calmly. By adopting nonviolent communication, you will be able to resolve disagreements more easily and address conflictual situations constructively. In 50 minutes you will be able to: • Identify nonviolent communication and why it is beneficial, both in our professional and personal lives • Analyse the different types of reactions that you will encounter, and how you can adapt your approach to suit everyone • Discover the key to finding real solutions to problems and conflict, leading to better outcomes for all parties involved ABOUT 50MINUTES.COM | COACHING The Coaching series from the 50Minutes collection is aimed at all those who, at any stage in their careers, are looking to acquire personal or professional skills, adapt to new situations or simply re-evaluate their work-life balance. The concise and effective style of our guides enables you to gain an in-depth understanding of a broad range of concepts, combining theory, constructive examples and practical exercises to enhance your learning.

Here is a different story about who we are, why we got here, and what we can do to move towards our longings for a different world. In her debut publication, Spinning Threads of Radical Aliveness, internationally known thinker and trainer Miki Kashtan puts forth the bold vision that we can live with integrity, even in a world that has betrayed our deepest hopes for the future. The key she offers for opening the door to deep changes at all levels is to embrace a major transformation in our relationship with our deepest needs and values. All aspects of relationships take on a new light when filtered through the lens of human needs. This profound book will help you discover the transformative power of shifting from evaluating, judging, and competing into an openhearted commitment to make things work for everyone. For the millions who long to "be the change you wish to see," this book elegantly and thoroughly provides a roadmap – and nourishment for the spirit.

The author describes the Way of Christ through Nonviolent Communication (NVC). The teachings of Jesus exemplify values of love, mutual respect, responsibility and compassion. This text is a guide showing how NVC facilitates living in integrity with these values. Many personal stories demonstrate how a Christ follower can use NVC to turn troubled relationships into joy-filled connections. This book is an invitation for the reader to rediscover Christian principles and apply them in everyday communication-to experience the treasures Jesus taught us by transforming our relationships with compassionate connecting, ultimately partaking in the spirit-filled life.

Marshall Rosenberg's remarkable process of Nonviolent Communication™ has gained worldwide recognition as a tool for turning even the most volatile situations into a natural interchange of compassion, generosity, and mutual enrichment. Modeled after this visionary peacemaker's nine-day international intensive retreats, The Nonviolent Communication Training Course presents the first ever self-guided curriculum for putting Rosenberg's transformative ideas into everyday practice—whether you're at the office, at the dinner table, in a parent-teacher conference—any situation where you want to honor what is alive in yourself and others. Join the pioneering creator of NVC for more than nine hours of in-depth instruction that includes: Nine immersive CDs that teach you how to use NVC to discuss difficult emotions, deepen intimate relationships, mediate impossible conflicts, and much moreWorkbook with more than 50 exercises to strengthen your ability to successfully apply NVC in the fieldSeven Nonviolent Communication training cards you can use on the spot to express yourself and listen to othersCourse objectives: Identify the four steps of the Nonviolent Communication processEmploy the four-step Nonviolent Communication process in every dialogue you engage inUtilize empathy to safely confront anger, fear, and other powerful emotionsDiscover how to overcome the blocks to compassion, and open to our natural desire to enrich the lives of those around us

"Marshall Rosenberg's groundbreaking Nonviolent Communication: A Language of Life reveals the power of connecting with others on an entirely new level. You realize immediately that every

relationship in your life--with family or friends, co-workers, students, teachers, even with yourself--now has the potential for positive, permanent transformation. Learning the Nonviolent Communication (NVC) process has often been equated with learning a whole new way of thinking and speaking. The NVC Companion Workbook helps you easily put these powerful, effective skills into practice with chapter-by-chapter study of Rosenberg's cornerstone text, NVC: A Language of Life. Create a safe, supportive group learning or practice environment that nurtures the needs of each participant. Or, learn on your own as the workbook guides you through self-directed study. Find a wealth of activities, exercises, and facilitator suggestions to refine and practice this powerful way of communicating"--

What We Say Matters

Nonviolent Communication Companion Workbook

A Language of Life

Nonviolent Communication Toolkit for Facilitators

Healing and Reconciliation Without Compromise

The World Book Encyclopedia

Being Genuine

A simple yet powerful method of communication for mediating conflicts and peacefully resolving differences at the political, professional, and personal levels.

In 2010, four certified trainers of Nonviolent Communication produced a new tool to help people successfully learn, strengthen, and integrate the skills and consciousness of NVC. They called this tool the Pathways to Liberation Self-Assessment Matrix. Since then, thousands of NVC practitioners have been using the Matrix to identify skills, clarify strengths, discover edges, and navigate their own personal journeys toward emotional liberation and a more just, peaceful, and loving world. Now you too can use the Matrix to set a course toward self-knowledge, skill, and success. This guidebook shows you how. Written by Jim Manske, CNVC trainer and one of the four originators of the Matrix, Pathways to Nonviolent Communication: A Tool for Navigating Your Journey offers clear and specific suggestions for using the Matrix to assess your progress and assist others in deepening the skills and consciousness of NVC. Whether you are a longtime practitioner of NVC or have only recently begun your journey, the tool and techniques presented in this book will make every path more dynamic, accessible, and fun. A fun and entertaining way to share Giraffe Language with kids. Would you like to see how Giraffe Language can help you make friends with someone who is hard to get along with? My name is Marvel and I'm a Giraffe. I'm guessing you're a person because it's usually people who like to play with fun books like this one. I wrote this book for you and it's filled with games, puzzles, and word treasure hunts so you can have a good time learning Giraffe Language. Some people like to use Giraffe Language to deal with people who bully. I like to use it to make life fun...because making life fun...fun for me and fun for everyone...is my favorite game in town.

What is Violent Communication? If "violent" means acting in ways that result in hurt or harm, then much of how we communicate—judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticizing others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's "good/bad" or what's "right/wrong" with people—could indeed be called "violent communication." What is Nonviolent Communication? Nonviolent Communication is the integration of four things:

• Consciousness: a set of principles that support living a life of compassion, collaboration, courage, and authenticity • Language: understanding how words contribute to connection or distance • Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all • Means of influence: sharing "power with others" rather than using "power over others" Nonviolent Communication serves our desire to do three things: • Increase our ability to live with choice, meaning, and connection • Connect empathically with self and others to have more satisfying relationships • Sharing of resources so everyone is able to benefit

A guide for people who want to practice nonviolence in everyday life. The book offers a twelve-week progression through practices like mindfulness meditation and Nonviolent Communication, exploring both the practical and the profound using clear, user-friendly language. Guidance is included for pairs and groups who wish to practice together.

Transcending the Legacy of Separation in Our Individual Lives

How to communicate productively in challenging situations

Living Nonviolent Communication

Nonviolent Communication: A Language of Life

Everyday Nonviolence

Life-Enriching Education

*What we carry emotionally and physically is never far from the foreground of all that we do, perceive, and communicate, both verbally and nonverbally. To effect real change, to do more than talk a good game requires us to rediscover what we love about the paths we are choosing and then through deliberate, committed, intentional practice come face to face with the histories we've embodied, our deeper selves, our greatest gifts, and the motivation to stay the course of becoming who we choose to be. Somatic Consensus practices for embodying Nonviolent Communication offer a path to: * Reclaim our empathic faculties to stand firmly on common ground * Align what we deeply value with our choices, words and actions "A great way to have hope about the most heated and wounded relationship." ~Kathy Buys, Psychologist "David puts the meat on the bones of NVC." ~Kenneth E. Perry, Ph.D PHD "I was breath-taken and filled with hope connecting to the possibilities of teaching NVC through these examples. It seems that more and more NVC practitioners are including the body in their work; David has his own unique way of doing that and I just hope that as many people as possible could access his work. ~François Beausoleil, International NVC Trainer and Consultant David Weinstock is the originator of Somatic Consensus, executive director of Liminal Somatics. He is an international trainer of Nonviolent Communication, Somatic Coach, Aikido instructor and a respected Master Goldsmith. He leads trainings locally and around the world--in his community, schools, prisons, and organizations. David and his wife, Judith co-founded an intentional community with 8 other families, where they have raised their two sons and consensus has been practiced since 1990. This inspiring guidebook supports teachers seeking to create an emotionally safe learning environment where academic excellence thrives. In this first complete curriculum for teaching Nonviolent Communication (NVC) to elementary age students, lessons supply instruction for creating a community of reverence, self-awareness, and mindfulness. The relationship-centered classroom model aids in building trust, reducing conflict, improving cooperation, and maximizing the potential of each student. Specific tips for teaching nonviolent skill sets are provided, and educators are assisted in building connections among diverse populations, cultivating self-awareness, and rewarding reflective thinking. Customizable exercises, activities, charts and cutouts make it easy for educators to create lesson plans for a day, a week or an entire school year.*

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. This insightful perspective on effective social change is illustrated with how-to examples.

Internationally respected NVC trainers, Judi Morin, Raj Gill, and Lucy Leu have come together to codify more than twenty years of training experience in one hands-on facilitator guide. Whether you're a new facilitator, a seasoned trainer looking to incorporate a more experiential approach, or a team of trainers, the Nonviolent Communication Toolkit for Facilitators has a wealth of resources for you. By breaking Nonviolent Communication down into 18 key concepts, this toolkit provides succinct teaching tools that can be used on their own for shorter sessions, or combined for a long-term or multi-session training.

You're about to have an uncomfortable meeting with your boss. The principal just called about your middle-schooler. You had a fight with your partner and it's an hour before bed. You know your next move will go a long way toward defining your relationships with these individuals. So what do you do? We all find ourselves in situations similar to these and too often resort to the same old patterns of behavior—defending our need to be right, refusing to really listen, speaking cruelly out of anger and frustration, or worse. But there is another way. Living Nonviolent Communication gives you practical training in applying Dr. Marshall Rosenberg's renowned process in the areas he has most often been asked for counsel: Conflict resolution Working with anger Spiritual practice Healing and reconciliation Loving relationships Raising children Nonviolent Communication has flourished for four decades across 35 countries for a simple reason: it works. Now you can learn to activate its healing and transformational potential, with Living Nonviolent Communication.

Becoming What You Need

What Is Shame and How Can We Break Its Hold?

Practical Tools to Connect and Communicate Skillfully in Every Situation

What You Say Next Will Change Your World

Practicing Nonviolent Communication

The Heart of Social Change

Interactive Activities and Awareness Exercises Based on 18 Key Concepts for the Development of NVC Skills and Consciousness

"A book and an unexploded bomb may lay equally motionless, but their kinetic potential is vastly different. A bomb may kill hundreds of people, but a book can change millions—think of Common Sense, Das Kapital, Uncle Tom's Cabin, or The Gulag Archipelago. To that energizing company, add Transforming Terror. This practical, inspiring book cuts through moral relativism by defining terror according to how it affects its victims. It is a luminous collection of wisdom. You'll want many of these essays in your library forever. I needed to read it and you do, too." -Peter Coyote, actor and author of Sleeping Where I Fall "Only an anthology could create the mosaic that would display the profound paradigm shift offered here: defining terrorism according to the experiences of the victims—unarmed civilians who are violently attacked or threatened—and not by any ideology or purpose. Each tile in the mosaic offers a catalyst to radical transformation of the calamitously increasing scale of such assaults, from suicide bombers to state terrorism, and offers real hope for a way out of the death spiral. This should be read at military academies and defense departments as well as by teachers and religious leaders." -Deirdre English, Director, Felker Magazine Center, Graduate School of Journalism, UC Berkeley and former editor of Mother Jones "This collection of writings reveals a wealth of proposals for transforming the combustible conditions that often produce terror, as well as for the reconciliation and healing of terror's victims. This book is not only an inspired and singular achievement, it is a courageous and bold challenge to a world too often jaded and numbed by the omnipresence of violence to consider any creative alternatives. Here is a work that couldn't be more timely, relevant or persuasive in its call for us to transform the terror that bedevils us all, individuals and cultures alike." - Phil Cousineau, author of Beyond Forgiveness: Reflections on Atonement and A Seat at the Table: Huston Smith in Conversation with Native Americans on Religious Freedom "This volume brings together the wisest voices of our era to reveal the prevalence of terror in our world, and its unconsidered consequences. Until a behavior has a name, it cannot be challenged. This amazing collection of wise and beautiful voices challenges our received definition of terror, and moves us a step further toward a world of peace." - Marilyn Sewell, editor of Cries of the Spirit

Addressing the need for a dynamic change in the formula schools use to mold their students, this groundbreaking guide provides a new approach to education that serves the lives of everyone in the learning community. By implementing the unique communication skills outlined, educators can promote cooperation and understanding and address many of the complex problems faced in the classroom. Teachers will learn new skills to increase student interest, achievement, and retention, as well as create a safe and supportive learning and working atmosphere. They are also given strategies for cultivating emotional intelligence, respect, authenticity, and empathy and are empowered to resolve conflict and prevent or defuse violence. The end result helps teachers rediscover the joy of teaching motivated students.

A handbook designed to help you communicate with more authenticity, clarity, and empathy while in the midst of a conflict by using the principles of NVC. It will show you the most common pitfalls I come across while teaching and how to help avoid them. This book can help you speak with 100% authenticity without judging, blaming, or condemning anyone. Using the tools and strategies outlined in this book you will soon be able to turn every conflict into a deeper, more profound connection.

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Skills for resolving conflicts, healing old wounds, and reconciling strained relationships reveal the healing power of listening and speaking from the heart. Because unmet needs lie at that root of all emotional pain, the skills imparted in this manual teach how to transform depression, shame, and conflict into empowering human connections.

The tenets of Nonviolent Communication are applied to a variety of settings, including the workplace, the classroom, and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application. Focusing on the language used in the health care system, this manual teaches health care administrators, nurses, physicians, and mental health practitioners how to create lasting, positive improvements to patient care and the workplace environment. Arguing that a crisis within health care is the inability of many professionals to relate to the personal, human dimension of their work, this reference teaches how to counteract the negativity that certain labels, diagnosis, judgments, and analyses can cause and shows how to better integrate a culture of compassion, empathy, and honesty. Readers will also learn an effective framework to reduce health care staff burnout and turnover, create a culture of mentorship and learning, compassionately diffuse "problem patients," and effectively address systemic barriers to care as they arise.

The Surprising Purpose of Anger

Stop Being Nice, Start Being Real

Remembering the Soul of the World

The Empathy Factor

Parenting the Nonviolent Communication Way

Your Competitive Advantage for Personal, Team, and Business Success

Turning Conflict Into Connection

Purse size

Getting Past the Pain Between Us

Discomfortable

An Ethico-Political Bind

The Nonviolent Communication Training Course

The Ongo Book

A Language of Compassion

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