



# Nonviolent Communication: A Language of Compassion

By Marshall B. Rosenberg

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Nonviolent Communication is the lost language of humankind, the language of a people who care about one another and long to live in harmony. Using stories, examples and sample dialogues, Marshall B. Rosenberg, Ph.D. provides everyday solutions to perplexing communication problems. Dr. Rosenberg has brought these simple, yet revolutionary communication skills to tens of thousands of people on five continents.

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### Editorial Review

#### Review

"I believe the principles and techniques in this book can literally change the world, but more importantly, they can change the quality of your life with your spouse, your children, your neighbors, your co-workers and everyone else you interact with. I cannot recommend it highly enough." -- *Jack Canfield, Chicken Soup for the Soul* series

"Marshall Rosenberg is the mentor I wish we'd all had growing up. We learned to speak but not communicate and that has led to so much unnecessary personal and social misery. In this book you will find an amazingly effective language for saying what's on your mind and in your heart. Like so many essential and elegant systems, it's simple on the surface, challenging to use in the heat of the moment and powerful in its results. I use these tools every day and can totally vouch for them." (Vicki Robin - Co-author (with the late Joe Dominguez) - *Your Money or Your Life*) -- (*Vicki Robin*)

"Marshall Rosenberg's dynamic communication techniques transform potential conflicts into peaceful dialogues. You'll learn simple tools to diffuse arguments and create compassionate connections with your family, friends, and other acquaintances. I highly recommend this book." -- *John Gray, Ph.D., Men are From Mars, Women are from Venus*

"Nonviolent communication is the lost language of humankind, the language of a people who care about one another and long to live in harmony. Using stories, examples and sample dialogues, Marshall Rosenberg provides everyday solutions to perplexing communication problems. Readers will learn how to transform potential conflicts into peaceful dialogues; break patterns of thinking that lead to anger and depression; speak their mind without crating hostility; communicate compassionately using the healing power of empathy; hear whatever is said to them as a "please" or "thank you"; and make life more wonderful for themselves, their families, their colleagues, and all with whom they come into contact. In our present age of uncivil discourse and mean-spirited demagoguery, racial hatreds and ethnic intolerance, the principles and practices outlined in Rosenberg's *Nonviolent Communication* are as timely as they are necessary to the peace resolution of conflicts, personal or public, domestic or international." -- *Midwest Book Review - Taylor's Shelf*

"We should all be grateful to Marshall Rosenberg. He provides us with the most effective tools to foster health and relationships" -- *Deepak Chopra*

#### From the Publisher

Marshall Rosenberg has rediscovered the lost language of humankind, the language of a people who care about one another and long to live in harmony. He guides us in reframing the way we express ourselves and listen to others by focusing our consciousness on four areas: what we are observing, feeling, and needing and what we are requesting to enrich our lives. The skills he teaches foster deep listening, respect, and empathy and engenders a mutual desire to give from the heart.

#### From the Author

Marshall B. Rosenberg, Ph.D., is a clinical psychologist, internationally known peacemaker, and founder of the Center for Nonviolent Communication. The Center evolved from Dr. Rosenberg's quest to find a way to teach much-needed peacemaking skills across four continents and in war-torn countries.

As a child growing up in a turbulent Detroit neighborhood, Marshall Rosenberg knew he wanted to find a way of speaking that would stop the violence. As a psychologist in 1961, he set out to discover such a language and teach it.

Today, tens of thousands of people on five continents speak it. Dr. Rosenberg developed Nonviolent Communication training as a powerful tool for peacefully resolving differences at personal, professional, and political levels.

## **Users Review**

### **From reader reviews:**

#### **Sara Jones:**

Here thing why this Nonviolent Communication: A Language of Compassion are different and trusted to be yours. First of all reading a book is good nevertheless it depends in the content from it which is the content is as scrumptious as food or not. Nonviolent Communication: A Language of Compassion giving you information deeper since different ways, you can find any reserve out there but there is no guide that similar with Nonviolent Communication: A Language of Compassion. It gives you thrill reading journey, its open up your current eyes about the thing that happened in the world which is perhaps can be happened around you. You can easily bring everywhere like in park, café, or even in your means home by train. In case you are having difficulties in bringing the paper book maybe the form of Nonviolent Communication: A Language of Compassion in e-book can be your alternative.

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