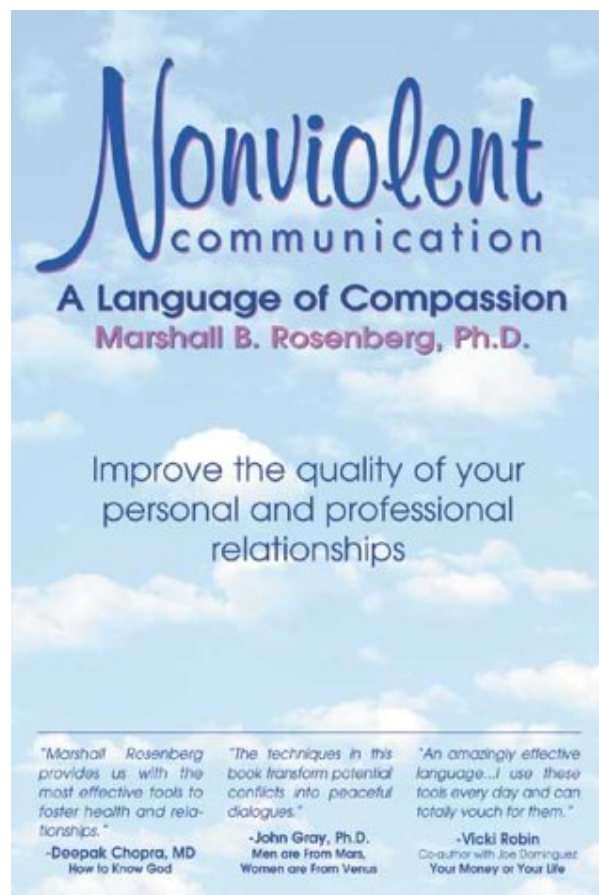
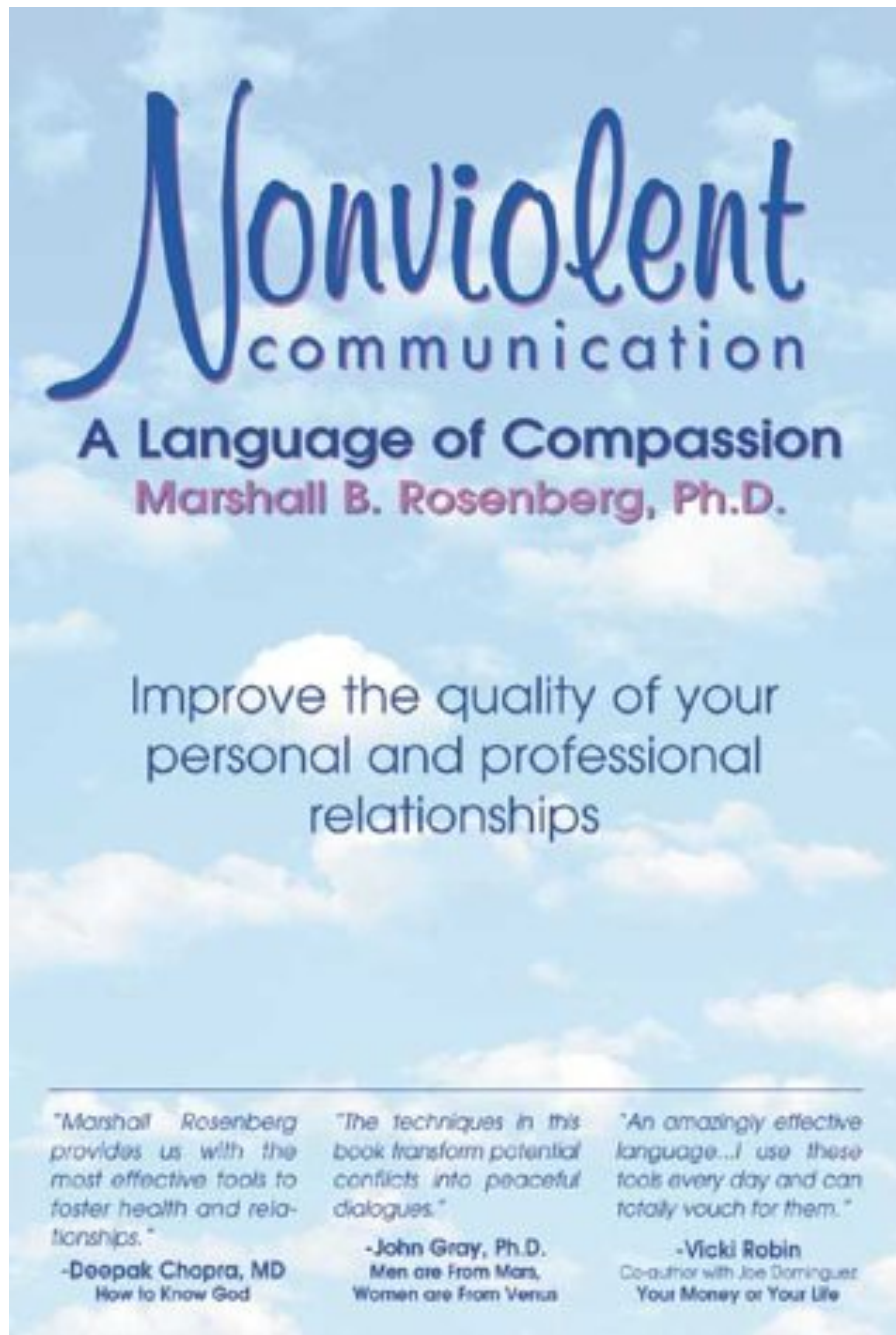


NONVIOLENT COMMUNICATION: A LANGUAGE OF COMPASSION BY MARSHALL B. ROSENBERG



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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)

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The title of the book says it all!

By Leela

Being able to communicate effectively is always desirable. This book breaks it down to 4 essential parts. Being able to respond rather than react to another person is always helpful! As is being able to connect through better understanding... of others and ourselves.

Wish this was mandatory reading for everyone on the planet!

Who doesn't want more peace?

19 of 21 people found the following review helpful.

Easy, fun and inspiring to read and use

By pdirt

I have read and studied a lot of psychological theories and models. Most of them are quite complex and take some time to learn a new vocabulary and understand the semantics of it. I started reading Rosenberg's book in the middle. It is the most readable book on self-awareness I have ever read. He makes his process of Nonviolent Communication very accessible right in this small book. His real-life example stories make it easy to connect to his teaching. He really knows how to communicate and it shows in this book. I plan to buy more copies and give away as gifts, not something I tend to do.

This book is a gold-mine for *any* relationship. Co-workers, friends, spouses, children, bosses, enemies,

family...I believe what we all want so dearly in this day and age is real human contact and we are not getting it in many of our relationships. This book can help empower us to get the human contact we long for, and the other person will get what they want too.

I admire Mr. Rosenberg's wisdom and human contact so much that I plan to take one of his courses that explore the use of Nonviolent Communication more in-depth.

This book has the tools to really practice peace. We have so much knowledge and experience on how to wage war and violence. Yet peace is still such a mystery. I look at Ghandi in awe. Using the tools of this book, it is a bit easier to look at Ghandi and understand how he did what he did.

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