



Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides)

By Marshall B. Rosenberg PhD

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Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides) By Marshall B. Rosenberg PhD

1,000,000 copies sold worldwide • Translated in More Than 30 Languages. 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 4 things:

Consciousness: a set of principles that support living a life of empathy, care, 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:

1: Increase our ability to live with choice, meaning, and connection

2: Connect empathically with self and others to have more satisfying relationships

3: Sharing of resources so everyone is able to benefit

“Nonviolent Communication shows us a way of being very honest, without any criticism, insults, or put-downs, and without any intellectual diagnosis implying wrongness.” — Marshall B. Rosenberg, PhD

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Editorial Review

Review

“*Nonviolent Communication* connects soul to soul, creating a lot of healing. It is the missing element in what we do.” —*Deepak Chopra*, author, *How To Know God*

“*Dr. Rosenberg* has brought the simplicity of successful communication into the foreground. No matter what issue you’re facing, his strategies for communicating with others will set you up to win every time.”
—*Anthony Robbins*, author, *Awaken the Giant Within* and *Unlimited Power*

“*Marshall Rosenberg’s* dynamic communication techniques transform potential conflicts into peaceful dialogues and create compassionate connections. I highly recommend this book.” —*John Gray, Ph.D.*, author, *Men are From Mars, Women are from Venus*

About the Author

Marshall B. Rosenberg, PhD (1934–2015) founded and was for many years the Director of Educational Services for the Center for Nonviolent Communication, an international peacemaking organization.

During his life he authored fifteen books, including the bestselling *Nonviolent Communication: A Language of Life* (PuddleDancer Press), which has sold more than one million copies worldwide and has been translated into more than 30 languages, with more translations in the works. Dr. Rosenberg has received a number of awards for his Nonviolent Communication work including:

2014: Champion of Forgiveness Award from the Worldwide Forgiveness Alliance

2006: Bridge of Peace Nonviolence Award from the Global Village Foundation

2005: Light of God Expressing in Society Award from the Association of Unity Churches

2004: Religious Science International Golden Works Award

2004: International Peace Prayer Day Man of Peace Award by the Healthy, Happy Holy (3HO) Organization

2002: Princess Anne of England and Chief of Police Restorative Justice Appreciation Award

2000: International Listening Association Listener of the Year Award

Dr. Rosenberg first used the NVC process in federally funded school integration projects to provide mediation and communication skills training during the 1960s. The Center for Nonviolent Communication, which he founded in 1984, now has hundreds of certified NVC trainers and supporters teaching NVC in more than sixty countries around the globe.

A sought-after presenter, peacemaker and visionary leader, Dr. Rosenberg led NVC workshops and international intensive trainings for tens of thousands of people in over 60 countries across the world and provided training and initiated peace programs in many war-torn areas including Nigeria, Sierra Leone, and the Middle East. He worked tirelessly with educators, managers, health care providers, lawyers, military officers, prisoners, police and prison officials, government officials, and individual families. With guitar and

puppets in hand and a spiritual energy that filled a room, Marshall showed us how to create a more peaceful and satisfying world.

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Hector Hartung:

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