



# Nonviolent Communication: A Language of Life

By Marshall B. Rosenberg

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Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively? Unfortunately, for centuries our culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. *Nonviolent Communication* partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.

In this internationally acclaimed text, Marshall Rosenberg offers insightful stories, anecdotes, practical exercises and role-plays that will dramatically change your approach to communication for the better. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain. Revolutionary, yet simple, *Nonviolent Communication* offers you the most effective tools to reduce violence and create peace in your life—one interaction at a time.

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#### Review

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"A powerful tool for peace and partnership...shows us how to listen empathically and...communicate our authentic feelings and needs." —Riane Eisler, author, *The Chalice and the Blade, Tomorrow's Children*, and *The Power of Partnership*

"A simple yet powerful methodology for communicating...one of the most useful books you will ever read." —William Ury, coauthor, *Getting to Yes*, and author, *The Third Side*

#### About the Author

**Marshall B. Rosenberg, Ph.D.** is the founder and educational director of the Center for Nonviolent Communication. Deemed international peacemaker, mediator and healer, he spends more than 250 days each year teaching these remarkably effective communication and conflict resolution skills in local communities, at national conferences and in some of the most impoverished, war-torn areas of the world. He is based in Wasserfallenhof, Switzerland.

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