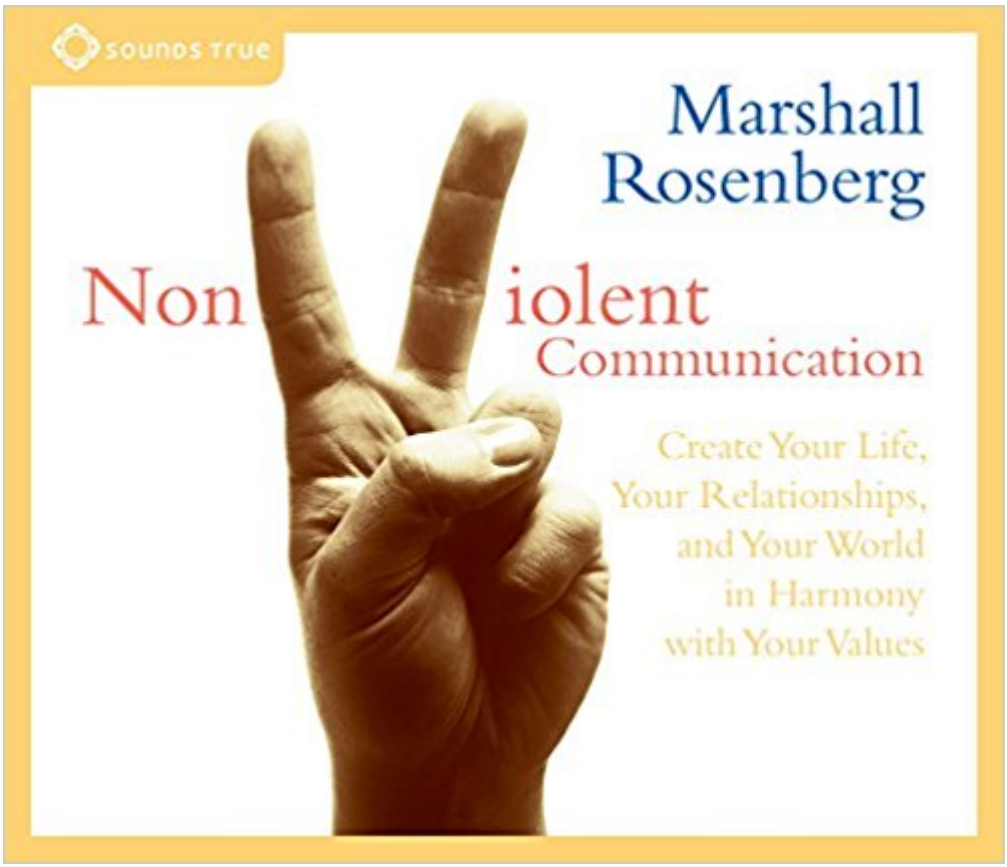
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Nonviolent Communication: Create Your Life, Your Relationships, And Your World In Harmony With Your Values



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Synopsis

What if you could defuse tension and create accord in even the most volatile situationsÃ¢â ¬â •just by changing the way you spoke? Over the past 35 years, Marshall Rosenberg has done just that, peacefully resolving conflicts in families, schools, businesses, and governments in 30 countries all over the world.On Nonviolent Communication, this renowned peacemaker presents his complete system for speaking our deepest truths, addressing our unrecognized needs and emotions, and honoring those same concerns in others. With this adaptation of the bestselling book of the same title, Marshall Rosenberg teaches in his own words:Course 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 usObservations, feelings, needs, and requestsÃ¢â ¬â •how to apply the four-step process of Nonviolent Communication to every dialogue we engage inOvercoming the blocks to compassionÃ¢â ¬â •and opening to our natural desire to enrich the lives of those around usHow to use empathy to safely confront anger, fear, and other powerful emotionsHere is a definitive audio training workshop on Marshall Rosenberg's proven methods for "resolving the unresolvable" through Nonviolent Communication.

Book Information

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Customer Reviews

"Every time we use Nonviolent Communication...we are liberating ourselves, and our children, from ancient patterns of violence."

Marshall RosenbergMarshall Rosenberg (October 6, 1934Ã Â Ã¢â ¬â œ February 7, 2015) was best known for initiating peace programs in war torn areas including Rwanda, Burundi, Nigeria, Malaysia, Indonesia, Sri Lanka, the Middle East, Serbia, Croatia, and Ireland. A clinical psychologist, he was the founder and director of educational services for the Center for Nonviolent Communication (CNVC), an international nonprofit organization that offers workshops and training in 30 countries. Dr. Rosenberg is the author of Nonviolent Communication: A Language of Life. For more information on Dr. Rosenberg, please visit his website at: www.cnvc.org.

This book has made all of my relationships more manageable. If you grew up in a dysfunctional family like I did, where communication usually happened in the form of guilt trips and passive aggression, this book can change your life. As soon as I started applying concepts like observing without judgment, communicating my needs and my feelings openly and honestly, asking for what would add joy to my life, and not taking ownership for other people's feelings or responses to me, I noticed a change in how people in my life responded to me and my requests. People began to seem more open to hearing me, and normal every day conflicts can be addressed without people getting escalated.

This book is the best I have read on the subject of communication. If a person was only going to read one book on the subject this would be the one to read. (We took a class using this as a text ... even better.) Marshall Rosenberg not only explains the theory of compassionate communication, but includes examples and exercises for readers. I believe that every parent, teacher, student, employee, employer, leaders, volunteer, -- everyone! should learn and practice these techniques. It changes individuals, families, schools, workplaces, and the world. Please read this book! By following the practices taught in this book we can quit thinking others need to change, and realize how our changes can actually help them communicate better. Woo Hoo. Win Win. It was great to sit in class and listen to fellow class members discuss their successes in the semester we were meeting. It worked even for the most skeptical people.

I read this book in three evenings. It is easy reading. There are lots of examples of hard disputes between difficult parties. The author explained how to learned the needs of each side and worked out a resolution that satisfied both sides. He is not a mediator seeking a compromise. He is medically trained in clinical sciences. However, he is also is an authentic human being seeking the

feelings and needs of the people he connects with. It is his authenticity and humanness that gets the results.

Effective and profound communication is an art, a blessing and a much needed skill in today's challenging world. An excellent book full of clarity highlighted by practical examples of compassionate language and the difference it makes.

excellent resources to improve relationships!

I have learned so much about communication by reading this book. It's easy to apply in many areas, and takes more work with family & loved ones.Learning to listen, empathize with others feelings and state our needs will change the world. Blame doesn't help and so learning a new way of relating to others, and "perfect practice makes perfect." I have both paper and ebook and am blessed to have a local NVC workshop for weekly practice.

I purchased this book after several discussions with colleagues about how our profession renders it difficult to speak to others objectively--even out of the office. This book has taught me volumes and has helped me both professionally and personally. While some of the examples are a little far fetched (I personally would feel insulted if someone addressed me the way that Marshall Rosenberg conveys he spoke to some audience members, e.g. the western banks issue) but generally the book was very helpful. I highly recommend this book if you are looking for a better way to communicate people, open a dialogue involving sensitive issues or respond to criticize better. I also recommend this book if you have children for aforementioned reasons as well as passing on the techniques to your children. They will learn by example and therefore forgo the need to reprogram their way of thinking and speaking.

I wish I had read this book a long time ago. "Nonviolent Communication: A Language of Life" by Marshall B. Rosenberg, Ph.D. is full of wisdom.The book starts off by explaining the process of Nonviolent Communication which boils down to four steps:1. Observe what's happening - what's really going on? What is happening or being said that you either like or dislike?2. Identify your feelings about it - anger, joy, hopeful, inspired, lonely?3. Figure out what need you have that is driving that feeling4. Ask for what you need (explicitly)When you feel an emotional response to a situation, Rosenberg contends that it's always based on some unmet need. So figure out what that

need is and then request (don’t demand) for the other person to fulfill it. Use phrases like:"Would you be willing to set the table?" rather than "Set the table."So, that’s the process of non-violent communication in a nutshell. He then goes on to talk about "communication that blocks compassion," such as moralistic judgements, making comparisons, communication that implies that we do not have responsibility for our own "thoughts, feels and actions," and communicating desires in the form of demands.The next several chapters delve further into each step of the process. Using great examples from his own workshops and personal experiences, Rosenberg presents each step in a thoughtful and straightforward way with exercises at the end of each chapter to test your understanding of the subject matter.The book then goes on to explain how to receive communication in an empathic way, which is based on those same principals, but now, your honestly trying to get to the bottom of the other person’s needs to find out how you might be able to help fulfill them. He describes different ways that we prevent ourselves from being fully present for someone including: advising, one-upping, educating consoling, story-telling, shutting down, sympathizing, interrogating, explaining and correcting. And, the many benefits of empathy.Rosenberg refers to all of this compassion and need-filling as finding ways to "enrich our lives or the lives of others." I love that. When you approach every communication with that question, "how can I enrich my life or theirs?" it’s amazing how differently you think about approaching a situation!He says that "NVC’s most important use may be in developing self-compassion." One way in which we do this is to recognize that we always have choice. Even if it feels like we don’t - we do. There might be ramifications for not doing something that you feel you have no choice in, but you still choose to do it. And, once you realize that there’s a choice and WHY you are choosing to do what you are doing, you may actually be able to find a better way - one that makes you happier.One of the most important chapters in the book has to do with expressing anger. Rosenberg says that NVC doesn’t suggest that you can’t be angry about anything. Quite the opposite. If you’re experiencing anger, you need to fully express it. However, you need to accurately identify the cause of your anger, which is always your own thinking - not someone else’s actions. Their actions might have been the catalyst, but the emotion is your own. Then, you basically use the same four steps to work through your anger and attempt to get your needs met.For me, an HR Lady, one of the most interesting chapters was "Expressing Appreciation in Nonviolent Communication." I’ve always felt like reward and recognition programs including praise and compliments in most workplaces don’t usually provide the intended behavior changes. Now, I think I understand why - the intention behind these practices. Rosenberg states, "recipients of such praise do work harder, but only initially. Once they sense the manipulation behind the appreciation, their productivity drops. What is most

disturbing for me, however, is that the beauty of appreciation is spoiled when people begin to notice the lurking entent to get something out of them." From my experience, I believe this is true. So, how do we provide meaningful appreciation? Rosenberg lays out three components:1. "the actions that have contributed to our well-being."2. "the particular needs of ours that have been fulfilled."3. "the pleasureful feelings engendered by the fulfillment of those needs."If the appreciation is delivered succinctly with all 3 of these components, then the receiver will be much more likely to realize that the appreciation is genuine.Like I said in the beginning, I wish I had read this book a long time ago. I gained a lot of insight from this book and will definitely be doing more research and reading on nonviolent communication. I think I might order the workbook next.I started this book yesterday morning and finished the last chapter of it this morning, so it’s also a quick and easy read. I give it four stars out of five, only because some of the ways that he states certain questions when trying to take regular communication to the NVC process just do not sound real. I can’t imagine someone saying some of the statements that he says we should use in real life and some of the things that he claims to have said to people actually sound pretty harsh to me. Perhaps they did get at the heart of an issue or reveal a "truth" but I’m not sure about the exact means used to get there. Overall a GREAT book!

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