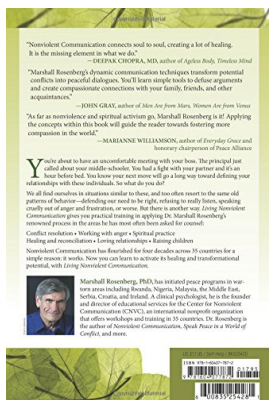


[PDF] Living Nonviolent Communication: Practical Tools To Connect And Communicate Skillfully In Every Situation

Marshall Rosenberg Ph.D - pdf download free book



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Description:

You're about to have an uncomfortable meeting with your boss. The principal just called about your

middle-schooler. You had a fight with your partner and it's an hour before bed. You know your next move will go a long way toward defining your relationships with these individuals. So what do you do?

We all find ourselves in situations similar to these and too often resort to the same old patterns of behavior—defending our need to be right, refusing to really listen, speaking cruelly out of anger and frustration, or worse. But there is another way. *Living Nonviolent Communication* gives you practical training in applying Dr. Marshall Rosenberg's renowned process in the areas he has most often been asked for counsel:

- Conflict resolution
- Working with anger
- Spiritual practice
- Healing and reconciliation
- Loving relationships
- Raising children

Nonviolent Communication has flourished for four decades across 35 countries for a simple reason: it works. Now you can learn to activate its healing and transformational potential, with *Living Nonviolent Communication*.

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