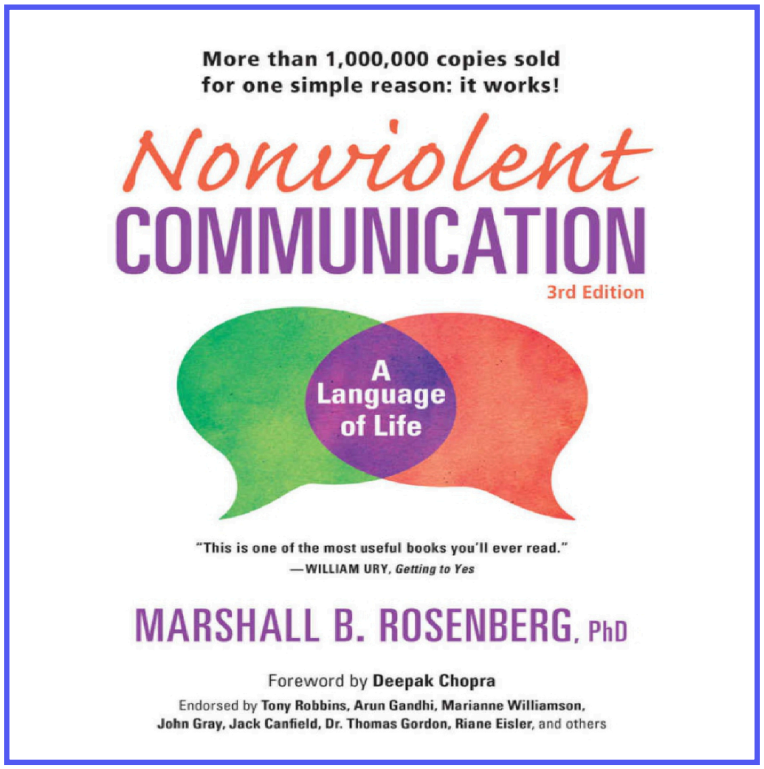


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"A simple communication process that eliminates the competitive, adversarial, and violence provocative style of communication that has infected most of our lives. This is not about the meek inheriting the world or being nice docile cogs in our power-over, hierarchical system. It is about the 'protective use of force,' vulnerability, heart-to-heart dialogue, and getting our needs meet in a way we will less likely regret."

—An online reviewer

"As a professional in the field, I can say that this book practices what it preaches, and I found the step-by-step approach, exercises, and examples to be clear and easy to practice."

—A reader in Maryland

"I have never read a clearer, more straightforward, insightful book on communication. Amazingly easy to read, great examples, and challenging to put into practice—this book is a true gift to all of us."

—A reader in Washington

Personal Growth:

"Nonviolent Communication by Marshall Rosenberg is a great book teaching a compassionate way to talk to people—even if you (or they) are angry."

—JOE VITALE, author, *Spiritual Marketing, The Power of Outrageous Marketing*

"Changing the way the world has worked for 5,000 years sounds daunting, but *Nonviolent Communication* helps liberate us from ancient patterns of violence."

—FRANCIS LEFKOWITZ, reporter, *Body & Soul*

"A revolutionary way of looking at language. If enough people actually make use of the material in *Nonviolent Communication* we may soon live in a more peaceful and compassionate world."

—WES TAYLOR, *Progressive Health*

"The single toughest, most dangerous opponent I'd ever faced—the one that truly hurt me the most, causing me to spend 30 years of my life behind bars —was my own anger and fear. I write these words now, a gray-haired old man, hoping to God—before you suffer what I've suffered—that it will cause you to listen and learn *Nonviolent Communication*. It will teach you how to

recognize anger before it becomes violence, and how to understand, deal with, and take control of the rage you may feel."

—A prisoner writing to fellow inmates

"This is the most concise, most clearly written manual on interpersonal communication I've ever come across. I've been challenged by this book to be the change I want to see in my world."

—An online reviewer

"Literally, anyone who speaks could benefit from reading this book! It helps us to realize not only the power of words, but how to choose our words better and ultimately enhance both communication and relationships! Highly recommended!"

—An online reviewer

"By taking a step back from daily frustrations, disappointments, and stressors, and re-examining the purpose of my own and others' needs, this book has helped me listen more deeply, act more genuinely, and find acceptance in difficult situations. Well done!"

—An online reviewer

"I am one of those people who is highly critical of myself. This book is teaching me to love myself so I can truly care for others. It can pave the way for peace between people, different ethnic groups, countries, etc., and I believe our world really needs this."

Parenting and Family Communication:

"With the growth in today's dysfunctional families and the increase of violence in our schools, *Nonviolent Communication* is a godsend."

—LINDA C. STOEHR, Los Colinas Business News

"This book is essential reading for anyone seeking to end the unfulfilling cycles of argument in their relationship, and for parents who wish to influence their children's' behavior by engendering compassion rather than simply achieving obedience."

—An online reviewer

"In addition to saving our marriage, *Nonviolent Communication* is helping us repair our relationships with our grown children and to relate more deeply with our parents and siblings. If angels do manifest in physical form here on this earth, then Marshall Rosenberg must be one."

—A reader in Arizona

"My relationship with my husband, which was good already, has become even better. I've taught NVC to many parents who have since gained a deeper understanding of their children, thus enhancing their relationship and decreasing tension and conflict."

—A reader in Illinois

"Nonviolent Communication allowed me to overcome my toxic conditioning and find the loving parent and person that was locked inside. Dr. Rosenberg has created a way to transform the violence in the world."

—A nurse in California

"Using *Nonviolent Communication* was vital to healing my relationship with my sister; and for me, it serves as a guide for applying Buddhist practice to communication."

—JANE LAZAR, Zen Student in Residence / NVC Trainer

"What began as a search for a better discipline system for our six-year-old has turned out to be a philosophical approach and communication tool that is transforming how we relate to each other and ourselves."

—An online reviewer

"Incredible book that has transformed my way of being and communicating. I have everyone in my family reading it now!"

—An online reviewer

"I spent 40 years of my life trying to receive empathy from my dad. After only reading half of this book, I was able to express myself in a way that he was able to finally hear me and give me what I needed. It was a gift beyond words."

—An online reviewer

Spirituality:

"In my estimation, *Nonviolent Communication* is as radical and change-making as the Eight-Fold Path. I predict that active use of NVC in our sanghas would significantly cut through frustrations and growing pains."

—JOAN STARR WARD, member, Spirit Rock Center, California, and the Buddhist Peace Fellowship

"Buddhism and *Nonviolent Communication* are rooms in the same house. I strongly recommend NVC as a highly effective practice for developing clarity and genuine compassion."

—LEWIS RHAMES, Vipassana Insight Meditation, Minimal Security Unit, Monroe Correctional Complex

"For convicts immersed in an environment which intensifies and reinforces conflict, discovering this step-by-step methodology advocating compassion through communication is enormously liberating."

—DOW GORDON, Freedom Prison Project, Seattle, Washington

"NVC is the language of enlightenment. So simple yet so difficult. Using NVC can change your life, bring clarity to your thinking, and transform relationships."

—An online reviewer

Education:

"Marshall's strategies for active listening really work. I teach middle school, and it has worked both at work and with my family. A good step along the way to transformation."

—An online reviewer

"Through compelling, real life examples, Rosenberg brings the NVC process to life. My college students, especially the older ones, share with me that reading this book has changed their life. Trying to practice the steps myself in daily interactions, at meetings, and in the classroom, has also had a powerful effect on me."

—An online reviewer

"NVC has made a huge difference in my life with my children, relatives, teachers of schools, work, and the list goes on. When I discovered this book, I was really doubtful that anything could help me change the nature of my

relationships with others and I am astonished at the depth and simplicity of *Nonviolent Communication*."

—An online reviewer

Professional Therapy and Mediation:

"The quality of empathy I now am able to provide has enlivened my therapy practice. This book gives me hope that I can contribute to the well being of my clients, and also connect deeply with my friends and family. The step-by-step empathy skills in this book are learnable by anyone."

—An online reviewer

"As a therapist, I have found this book to be helpful to clients with anger management difficulties, and problems with conflict in relationships because it promotes self-awareness and self-acceptance. NVC takes practice, but once you understand and internalize the general attitude promoted in this book, it sticks. And then it seeps into your life like a soothing balm."

—An online reviewer

"I have never read a clearer, more straightforward, insightful book on communication. After studying and teaching assertiveness since the 70s, this book is a breath of fresh air. Rosenberg adds the brilliant insight into the linkage of feelings and needs and taking responsibility and creates a true tool."

—An online reviewer

Business:

"The principles of Nonviolent Communication taught by Dr. Rosenberg are instrumental in creating an extraordinary and fulfilling quality of life. His compassionate and inspiring message cuts right to the heart of successful communication, his heartfelt message and genuine love for human kind is inspiring, and his strategies hold the power, not only change lives, but to transform your world.

"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."

—TONY ROBBINS, author, *Awaken the Giant Within and Unlimited Power*

"I got to this book thanks to a recommendation by Satya Nadella (CEO of Microsoft). The book presents a simple technique and examples to empathize and connect with people's feelings. Instead of judging people by the message, the book helps you understand the needs behind and what feelings and emotions are driving them. Highly recommended."

—An online reviewer

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