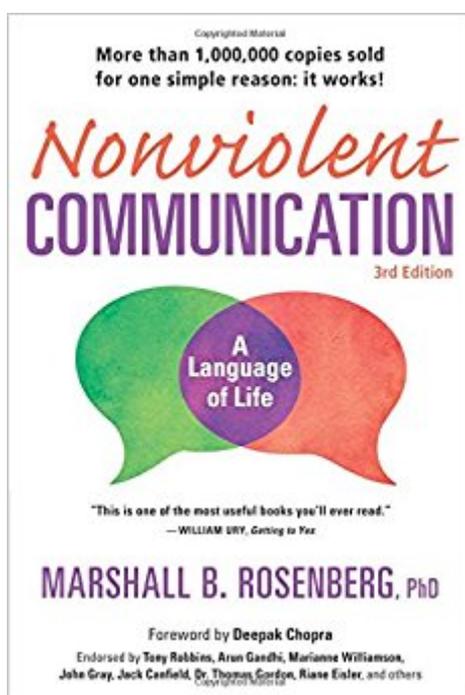


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# Nonviolent Communication: A Language Of Life, 3rd Edition: Life-Changing Tools For Healthy Relationships (Nonviolent Communication Guides)



## Synopsis

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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, racial profiling, blaming, finger pointing, discriminating against others, speaking without listening, criticizing, 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"

NVC 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

## Book Information

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## Customer Reviews

Initially the NVC process was cumbersome. My husband and I kept practicing and now have the most satisfying communications we have had in 35 years. We are able to meet each others needs

rapidly now. Yippie!

Probably the most important book on communication and relationships I've ever read. If I would have found this sooner it could have saved my relationship. I initially read the kindle version and I re-bought this paperback version so I can physically read it again with notes and underlines!

Another life-changing book in the same category as "Mistakes were made" or "Drive". The category would be named "Why has no one told me earlier". So read at your own risk. Has the potential to change your life. Definitely a must-read if you have or plan to have kids!

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.

Political conversations in my family are, to say the least, contentious. I read this book with the hope that it would help me speak to others about these topics without intense drama. It has certainly helped in this regard, but I feel I must include two notes of caution: a) It can come off as passive aggressive. b) It works better for negotiations than for moral conversations. Ultimately, any political or moral conversation ends with both parties calling each other evil. Even if you don't say it, you've implied it by pointing out the other side's moral contradictions. There is simply no way around that fact. I am not sure whether or not "Non-Violent Communication" can fix this problem.

The best book I have read without a doubt. I have used all of the concepts covered in the book in my family violence intervention program and anger management classes. The people in class have loved the days we go over these ideas. I highly recommend this book to anyone who wants to find a healthier way to communicate and connect with others.

This is a book very well written, expressing ideas that can actually be practiced by anyone who

wants to try. The author describes the process step by step, giving many examples, and deals with nonviolent communication with others, as well as with ourselves. What I found surprising was the chapter about giving praise, as it had never crossed my mind that praise could actually convey violence! I'm very pleased that I bought this book. The change it suggests cannot happen overnight, but I believe it can. Thank you.

From the moment I opened this book, my life began to change! It taught me HOW to be compassionate rather than just talking about it. That was seven years ago and this body of work continues to be my learning edge everyday... to improve the quality of connection in my relationships and to resolve conflicts. Rarely does a book change my life like this one did!

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