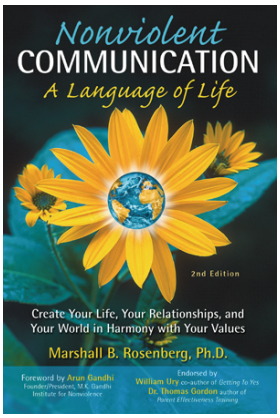
Endorsements for
Nonviolent Communication: A Language of Life

PuddleDancer PRESS

by Marshall B. Rosenberg, Ph.D.



"Marshall Rosenberg's dynamic communication techniques transform potential conflicts into peaceful dialogues. You'll learn simple tools to defuse arguments and create compassionate connections with your family, friends, and other acquaintances."
- JOHN GRAY, author, *Men Are From Mars, Women Are From Venus*

"Nonviolent Communication can change the world. More importantly, it can change your life. I cannot recommend it highly enough."
- JACK CANFIELD, author, *Chicken Soup for the Soul Series*

"Nonviolent Communication is one of the most useful processes you will ever learn."
- WILLIAM URY, co-author, *Getting to Yes*

"As far as nonviolence and spiritual activism, Marshall Rosenberg is it! Applying the concepts within these books will guide the reader towards a fostering more compassion in the world."
- MARIANNE WILLIAMSON, author, *Everyday Grace* and honorary chairperson, Peace Alliance

"Like Noam Chomsky, Rosenberg's work is intrinsically radical, it subverts our whole status-quo system of power: between children and adults, the sane and the psychotic, the criminal and the law. Rosenberg's distinction between punitive and protective force should be required reading for anyone making foreign policy or policing our streets."
- D. KILLIAN, reporter, On The Front Line, Cleveland Free Times

"In this book you will find an amazingly effective language for saying what's on your mind and in your heart. Like so many essential and elegant systems, it's simple on the surface, challenging to use in the heat of the moment and powerful in its results."
- VICKI ROBIN, co-author, *Your Money or Your Life*

"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*

"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."
- ANTHONY ROBBINS, author, *Awaken the Giant Within* and *Unlimited Power*

"In our present age of uncivil discourse and mean-spirited demagoguery, the principles and practices of NVC are as timely as they are necessary to the peaceful resolution of conflicts, personal or public, domestic or international."
- MIDWEST BOOK REVIEW, Taylor's Shelf

"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*

Media Inquiries:

To request a media interview, please contact Marshall Rosenberg's scheduler Deanna Berthold with the Center for Nonviolent Communication at **deanna@cnvc.org** — Be sure to identify who you are, the name of your publication/station, the circulation/readership/or audience size of your publication or station, and the nature of your request.

For more information about the Nonviolent Communication process or to request a review copy of *Nonviolent Communication: A Language of Life,* please visit the PuddleDancer Press website at **www.NonviolentCommunication.com**

Quick Facts About
Nonviolent Communication

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D., author of the bestselling *Nonviolent Communication: A Language of Life* (2nd Edition, PuddleDancer Press 2002) and *Speak Peace in a World of Conflict* (PuddleDancer Press 2005).

- At the root of the NVC process are 4 basic assumptions about human nature and language:
    1. We all share the same basic, universal human needs
    2. Feelings and emotions are signals telling us whether or not our needs are being met
    3. Compassion is our basic human nature
    4. At the core of all conflict, violence and emotional pain are needs that are not being met

- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.

- The NVC process is used to heal emotional pain, reduce aggression and fortify family, personal and professional relationships

- The NVC process is taught in schools, child care centers, prisons, family counseling centers, hospitals, corporations, mediation centers, prisons and many other organizations around the world

- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.

- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization

- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to more than 250,000 people in 35 countries on six continents each year

About the Author

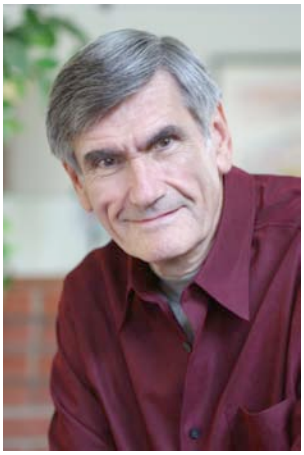


Photo by Beth Banning

Marshall B. Rosenberg, Ph.D. is the founder and director of educational services for the Center for Nonviolent Communication, an international peacemaking and training organization. He is the author of *Speak Peace in a World of Conflict,* and the bestselling *Nonviolent Communication: A Language of Life*. Dr. Rosenberg is the 2006 recipient of the Global Village Foundation's *Bridge of Peace Award,* and the Association of Unity Churches International *2006 Light of God Expressing Award*. He is also the recipient of the 2004 International Peace Prayer Day *Man of Peace Award* and the 2004 Religious Science International *Golden Works Award.*

Rosenberg spends more than 250 days each year traveling the globe, teaching Nonviolent Communication (NVC) in hundreds of local communities, at national conferences, and in some of the most impoverished, war-torn states of the world.

Growing up in a turbulent Detroit neighborhood, Dr. Rosenberg developed a keen interest in new forms of communication that would provide peaceful alternatives to the violence he encountered. His interest led to a doctorate in clinical psychology from the University of Wisconsin in 1961, where he studied under Carl Rogers. His subsequent life experience and study of comparative religion motivated him to develop the Nonviolent Communication (NVC) process.

Dr. Rosenberg first used the NVC process in federally funded school integration projects to provide mediation and communication skills training during the 1960s. He founded the Center for Nonviolent Communication in 1984, an international nonprofit peacemaking organization, which is now affiliated with more than 200 certified NVC trainers in 35 countries around the globe.

With guitar and puppets in hand, a history of traveling to some of the most violent corners of the world, and a spiritual energy that fills a room, Rosenberg shows us how to create a much more peaceful and satisfying world. Dr. Rosenberg is currently based in Wasserfallenhof, Switzerland.

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