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Nonviolent Communication: A Language of Life

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Nonviolent Communication: A Language of Life

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Nonviolent Communication: A Language of Life Marshall B. Rosenberg
Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively? Unfortunately, for centuries our culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. *Nonviolent Communication* partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.

In this internationally acclaimed text, Marshall Rosenberg offers insightful stories, anecdotes, practical exercises and role-plays that will dramatically change your approach to communication for the better. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain. Revolutionary, yet simple, *Nonviolent Communication* offers you the most effective tools to reduce violence and create peace in your life—one interaction at a time.

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