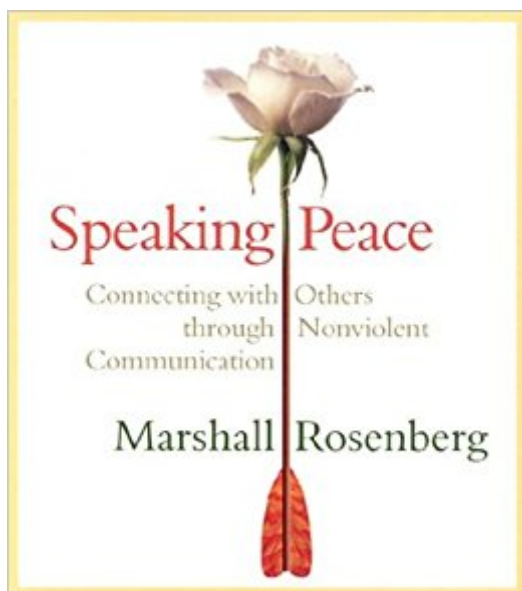


The book was found

Speaking Peace



Synopsis

Our words have the power to create profound healing-or incredible suffering. Yet even with the best intentions, it is often difficult to express ourselves in ways that build harmony and trust. Speaking Peace presents a seminal four-part model you can use immediately to connect to the spirit of love and generosity within you, and start contributing to the wellbeing of everyone you relate to. Join Marshall Rosenberg, the visionary author of Nonviolent Communication, to learn: How to use your natural empathy to defuse stressful situations and safely confront anger, fear, and other emotions * Proven skills for overcoming "dehumanizing" communication patterns that block compassion * How to see through the eyes of others to foster understanding, and more. When you convey "what is alive in you"-your true feelings, and the values and desires behind them-you establish honest, nurturing relationships that eventually fulfill everyone's needs, teaches Marshall Rosenberg. Align your speech with your heart's purest depths with Speaking Peace.

Book Information

Audio CD

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Customer Reviews

"We should all be grateful to Marshall Rosenberg. He provides us with the most effective tools to foster health and relationships""I believe the principles and techniques in this book can literally change the world, but more importantly, they can change the quality of your life with your spouse, your children, your neighbors, your co-workers and everyone else you interact with. I cannot recommend it highly enough.""Marshall Rosenberg's dynamic communication techniques transform potential conflicts into peaceful dialogues. You'll learn simple tools to diffuse arguments and create compassionate connections with your family, friends, and other acquaintances. I highly recommend

this book."

Using straightforward language, vivid examples and compelling stories, author and activist Marshall Rosenberg shows how the principles of nonviolent communication can literally change the way people speak to one another, leading to mutual respect and deeper understanding. --This text refers to an out of print or unavailable edition of this title.

Anyone interested in learning to improve communication skills in order to "make life more wonderful" for both yourself and others should read/watch/listen to Marshall B. Rosenberg. This short, 2 disk audio set is a great NVC tool.

As a graduate of WEAVE (Women Escaping a Violent Environment -actually for men, women, children, & elders, but PEAVE as an acronym for "People Escaping...." just didn't have the right connotation) I had learned not only about generational violence and why people become abusive, disrespectful or violent, but also how to "hear" my own feelings, and warning signals, speak up for them, and ask clearly for what I wanted. This alone was a tremendous win. However, I noticed in practice that when I did so, it was the unusual person who would automatically respond in kind and tell me what they were feeling or wanted. Gradually I felt awkward and unsatisfied, but couldn't really identify what was missing. Non-Violent Communication offers what was missing: connection and communion. Even though formerly considering myself intuitive, learning to listen to others empathically, below differing opinions, facts and values to the heart of the person, their human needs, was extremely challenging, even frightening - doubtless due to former abuse - but when the breakthrough came, it was extraordinary!! My parents argued very disrespectfully and loudly to solve differences or problems; I overcompensated by appearing to not have any, and then avoiding the situation or person. You can understand how alienating this is, how disconnecting and de-humanizing. I'm very glad to have made the effort to learn this with one or two willing and safe friends, as now it is easier to apply in more difficult situations, for instance, with my family. This CD set is a wonderful introduction and overview, filled with some funny, some amazing anecdotes. Dr. Rosenberg has a very soothing voice, a dry sense of humour, and surprisingly, rather pleasing little songs. (At first I thought "Oh, no; this is going to be hokey - but it wasn't. Now in odd moments, I find myself singing "See Me Beautiful" like the school kids!) Disc One is an introduction to NVC, how discovering why some people use violence and abuse to gain their way, and why others retain their humanity and consideration was Dr. Rosenberg's deep purpose in life. He goes on to show real life

basics and how to apply NVC personally. On disc two, NVC is shown in international, social and justice situations. In one instance of a child molester, my mouth hung open and I stood stock still for a few minutes listening to how Dr. Rosenberg helped the prisoner discover how terrorizing children had filled a profound and deeply hidden need for him. The next step is actually a lot easier, which is to gently assist him to getting his needs met and those of the community in less costly ways. Before getting the facts about who ends up in prison and who is statistically executed, my opinion was that there are certain violent crimes- murder, rape and child molestation - that did deserve the death penalty. It's pretty easy to get very angry about the crime and not see the criminal as a human being, or conversely go the other way and feel terribly sorry for them, put them in prison, and walk away. But he, Dr. Rosenberg was there, and did do this with this guy, and it did work. It's pretty staggering, and pretty profound, if we could eventually change our justice system from punitive to restorative. To me, it's even more profound, more direct, and more applicable (though maybe not easier) than forgiving one's enemies, and turning the other cheek. Well, see for yourself! I'll bet something on this CD will affect everyone who listens to it in a profound way. Highly recommended as a first step. If you like it, then you can get the book, and start practicing with a good friend!

Just what I needed !

NVC is changing my life day after day, showing me how to become more compassionate towards myself and others. In these CDs, you'll learn the essence of NVC directly from its founder, Marshall Rosenberg, great story teller, with nice, fun and inspiring stories. Prefer to listen to this at night rather than hearing horrible news on TV :-)

I have bought this CD set for over a dozen friends. I can't imagine a better gift than one that will help you live a better and more peaceful life. I keep the CDs in my car and listen to them over and over whenever I have a longish drive. I always get something each time I listen. Highly recommend!

What a great gift to everyone!

Everyone I've lent this, enjoyed it immensely. Great stories and anecdotes. Fun to hear the master, himself John Verona, Pa

Easy to understand review of the principles of Non Violent communication. Love the songs and the case studies presented. Thanks!

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