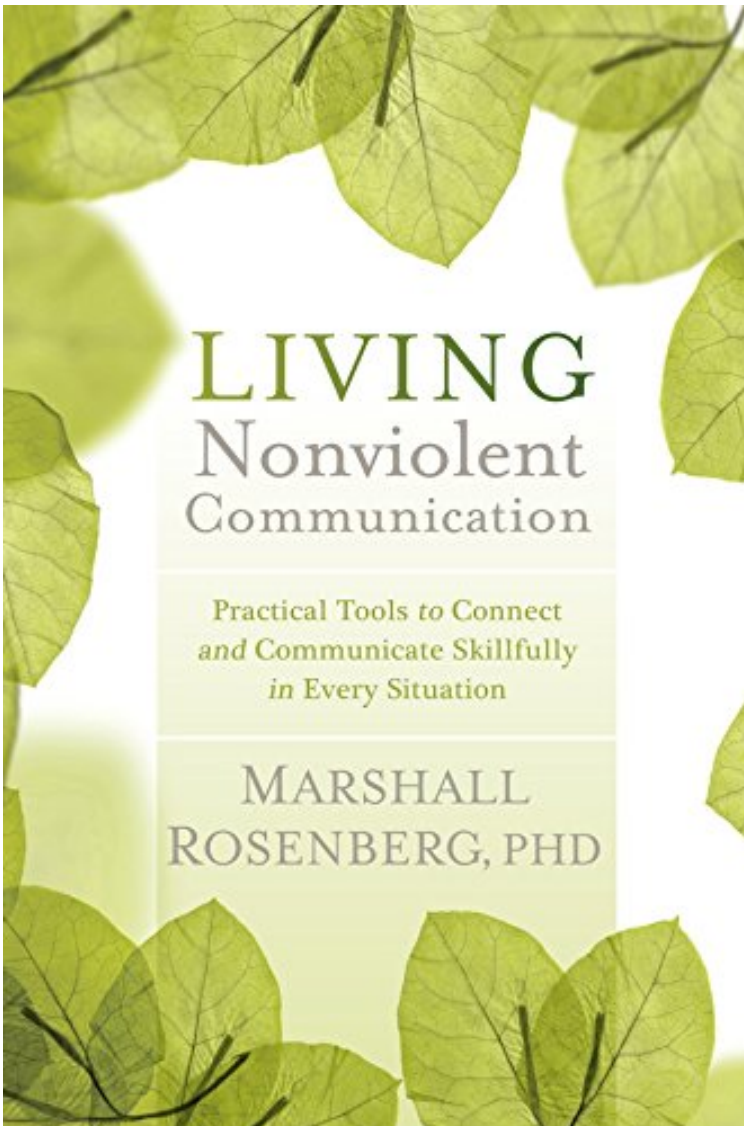


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# Living Nonviolent Communication: Practical Tools to Connect and Communicate Skillfully in Every Situation



*Par Marshall Rosenberg  
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## Description :

Prsentation de l'diteurYoure about to have an uncomfortable meeting with your boss. The principal just called about your middle-schooler. You had a fight with your partner and its an hour before bed. You know your next move will go a long way toward defining your relationships with these individuals. So what do you do?We all find ourselves in situations similar to these and too often resort to the same old patterns of behaviordefending our need to be right, refusing to really listen, speaking cruelly out of anger and

frustration, or worse. But there is another way. Living Nonviolent Communication gives you practical training in applying Dr. Marshall Rosenbergs renowned process in the areas he has most often been asked for counsel: Conflict resolution Working with anger Spiritual practice Healing and reconciliation Loving relationships Raising children