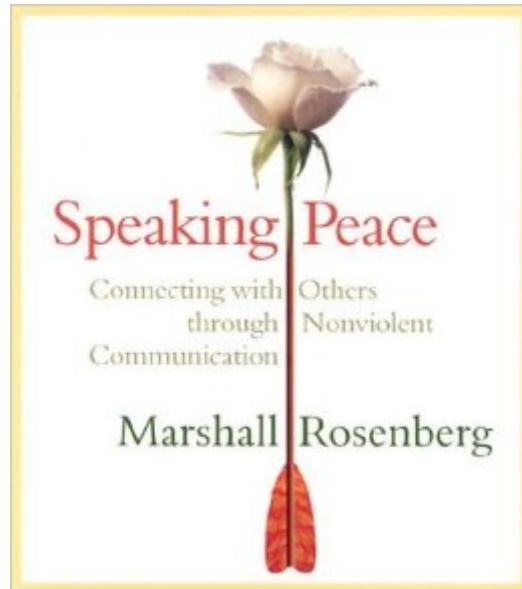


The book was found

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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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #210,269 in Books (See Top 100 in Books) #20 inÂ Books > Books on CD > Parenting & Families > Interpersonal Relations #246 inÂ Books > Books on CD > Health, Mind & Body > Self Help #249 inÂ Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

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.

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