



Nonviolent Communication Companion Workbook, 2nd Edition: A Practical Guide for Individual, Group, or Classroom Study (Nonviolent Communication Guides)

By Lucy Leu

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The complementary workbook to Nonviolent Communication: A Language of Life, which has sold more than 1,000,000 copies Learning the Nonviolent Communication (NVC) process has often been equated with learning a whole new way of thinking and speaking. The NVC Companion Workbook helps you easily put these powerful, effective skills into practice with chapter-by-chapter study of Marshall Rosenberg's cornerstone text, Nonviolent Communication: A Language of Life. Find a wealth of activities, exercises, and facilitator suggestions to refine and practice this powerful way of communicating. Join the hundreds of thousands worldwide who have improved their relationships and their lives with this simple yet revolutionary process. Included in the new edition is a complete chapter on conflict resolution and mediation.

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Editorial Review

Review

“*The NVC Companion Workbook* draws out the essential NVC elements in a way that is fun to practice and makes learning the material much easier.” —*Jeff Carl*, author, *Relationship Intelligence: Select and Nurture Healthy Relationships*

“It amazes me how much we actually covered in class time using the *NVC Companion Workbook*. We went over real-life situations and followed various exercises that promoted understanding the content more fully. Practicing with this workbook was the key for my success in understanding and using NVC!” —*Kirsten Ingram*, finance and administration officer, Children’s Commission Province of British Columbia, Canada

“I have used this workbook now in two prison facilities. It has been a wonderful tool for men and women who are committed to gaining useful life skills in some of the toughest of environments.” —*Karen M. Campbell*, workforce/lifeskills coordinator, Coffee Creek Corrections Facility, Salem, Oregon

About the Author

Lucy Leu is the former board president of the Center for Nonviolent Communication (CNVC.org), a Certified NVC Trainer, the editor of the bestselling *Nonviolent Communication: A Language of Life*, and cocreator of the NVC Toolkit for Facilitators (NVCToolkit.org). She also helped create the Freedom Project, bringing NVC training to prison inmates to support their reintegration into society (FreedomProjectSeattle.org). She lives in Vancouver, British Columbia.

Users Review

From reader reviews:

Rebecca Burks:

People live in this new moment of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity are there when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, the actual book you have read will be *Nonviolent Communication Companion Workbook, 2nd Edition: A Practical Guide for Individual, Group, or Classroom Study (Nonviolent Communication Guides)*.

Abel Graham:

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Vincent Humphreys:

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