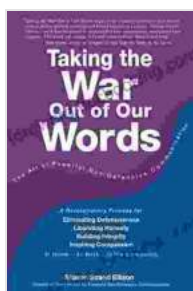


Taking the War Out of Our Words: A Guide to Nonviolent Communication

In a world filled with conflict and division, it's more important than ever to learn how to communicate in a way that builds connection, empathy, and understanding. *Taking the War Out of Our Words* is a practical guide to nonviolent communication (NVC), a powerful tool that can help us to resolve conflicts peacefully, build stronger relationships, and create a more just and compassionate world.

NVC is based on the idea that all human beings have the same basic needs, and that when our needs are not met, we experience pain. When we communicate from a place of pain, we often use language that is violent or blaming. This can lead to further conflict and division.



Taking the War Out of Our Words by Sharon Strand Ellison

★★★★☆ 4.7 out of 5

Language : English

File size : 790 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 379 pages



NVC teaches us how to identify our own needs and the needs of others, and to communicate in a way that is clear, respectful, and compassionate. When we communicate from a place of empathy and understanding, we

are more likely to be heard and understood. We are also more likely to build strong relationships and resolve conflicts peacefully.

Taking the War Out of Our Words is a step-by-step guide to NVC. It includes exercises and examples that will help you to learn the skills of NVC and apply them to your own life. This book is essential reading for anyone who wants to improve their communication skills, whether in their personal or professional life.

What You'll Learn in *Taking the War Out of Our Words*

- The four basic principles of NVC
- How to identify your own needs and the needs of others
- How to communicate in a way that is clear, respectful, and compassionate
- How to resolve conflicts peacefully
- How to build stronger relationships

Who should read *Taking the War Out of Our Words*?

Taking the War Out of Our Words is a valuable resource for anyone who wants to improve their communication skills. This book is especially helpful for:

- People who work in conflict resolution or peacebuilding
- Parents and educators
- Couples and families
- Business professionals

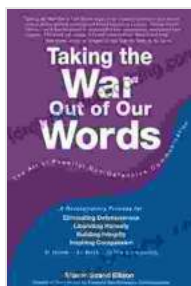
- Anyone who wants to build stronger relationships and create a more just and compassionate world

About the Author

Marshall B. Rosenberg, PhD, is the founder of the Center for Nonviolent Communication. He has taught NVC workshops around the world for over 40 years. Dr. Rosenberg is the author of several books on NVC, including *Nonviolent Communication: A Language of Life* and *Raising Children Compassionately: Parenting the Nonviolent Communication Way*.

Free Download Your Copy Today

Taking the War Out of Our Words is available in paperback, ebook, and audiobook formats. Free Download your copy today and start learning how to communicate in a way that builds connection, empathy, and understanding.



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