



## Being Me, Loving You: A Practical Guide to Extraordinary Relationships (Nonviolent Communication Guides)

By Marshall B. Rosenberg

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The concept of love is redefined not as a feeling, but as an activity—a process of honest giving and taking. Professional analysis of personal stories illustrates relationship patterns in which love is treated as a guilty obligation or something to be proved. Lessons for building effective communication of feelings and needs are additionally provided.

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### **Editorial Review**

About the Author

**Marshall Rosenberg, Ph.D.** (1934–2015), was the founder and educational director of the Center for Nonviolent Communication (CNVC). He travelled throughout the world mediating conflict and promoting peace.

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