



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

By Marshall B. Rosenberg

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The tenets of *Nonviolent Communication* (1892005034) are applied to a variety of settings in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery.

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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