



# By Lucy Leu Nonviolent Communication Companion Workbook (Nonviolent Communication Guides)

*Lucy Leu*

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## **By Lucy Leu Nonviolent Communication Companion Workbook (Nonviolent Communication Guides)**

Lucy Leu

Learning Nonviolent Communication (NVC) has often been equated with learning a whole new language. The *NVC Companion Workbook* helps you put these powerful, effective skills into practice with chapter-by-chapter study of Rosenberg's cornerstone text, *NVC: A Language of Life*. Create a safe, supportive group learning or practice environment that nurtures the needs of each participant. Find a wealth of activities, exercises and facilitator suggestions to refine and practice this powerful communication process. Whether you're learning on your own, in a group or in a classroom, this workbook will serve as an exceptional resource.

An exceptional resource for:

- Individuals: Includes useful activities and ideas for employing the liberating principles of NVC every day.
- Group Practice: Find guidance for getting started, group process, and activities.
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