



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

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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