



Practical Spirituality: The Spiritual Basis of Nonviolent Communication (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.

Brief, unscripted reflections on the spiritual underpinnings of nonviolent communication inspire readers to connect with the divine in themselves and others in order to create social relationships based on empathy and compassion. Lessons on strengthening the connection between actions and spiritual values, letting go of enemy images and moralistic judgments, and compassionately connecting with others emerge from this series of thoughtful musings.

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