

# Nonviolent Communication: A Language of Life, 3rd Edition Baixar (PDF or ePub) Marshall B. Rosenberg GRATIS

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Nonviolent COMMUNICATION 3rd Edition



"This is one of the most useful books you'll ever read." —WILLIAM URY, Getting to Yes

MARSHALL B. ROSENBERG, PhD

Foreword by Deepak Chopra

Endorsed by Tony Robbins, Arun Gandhi, Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, Riane Eisler, and others

What is Violent Communication?

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate—judging others, bullying, racial profiling, blaming, finger pointing, discriminating against others, speaking without listening, criticizing, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's "good/bad" or what's "right/wrong" with people—could indeed be called "violent communication."

What is Nonviolent Communication? Nonviolent Communication is the integration of 4 things:

- \* Consciousness: a set of principles that support living a life of empathy, care, courage, and authenticity
- \* Language: understanding how words contribute to connection or distance
- \* Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward

solutions that work for all

\* Means of influence: sharing "power with others" rather than using "power over others" NVC serves our desire to do three things:

- 1: Increase our ability to live with choice, meaning, and connection
- 2: Connect empathically with self and others to have more satisfying relationships
- 3: Sharing of resources so everyone is able to benefit

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满脸红霞, 不好意思再朝台下那么多头颅多看一眼, 羞答答的样子却一点也不造作和扭捏, 看上去就跟一穿着粗衣的下凡仙子一样干净可人。

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许墨, 二十三岁, 大学毕业任职于一家金融公司, 目前是一家著名金融机构的投资经理的助理, 看似一个颇为瞩目的位子, 那个投资经理在业界名声也颇为响亮

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某日来了个白面书生, 干干净净的尔雅相貌, 根本没有半点江湖阅历的模样。怎知这男子一开口, 说的竟然是近年来轰动武林、惊动万教, 却是人人不知内情的大事。

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## [PDF] 夏沫和洛熙



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少年坐在盛开的樱花树下,头发黑玉般有淡淡的光泽,脖颈处的肌肤细致如美瓷。一阵微风,花瓣轻盈飘落,晶莹如雪,细细碎碎,仿佛听到了她的脚步声,少年轻轻侧转回头来。

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明亮得晃眼的白色小屋里什么都没有。空气是被净化过的,绝少尘埃。只有人工制造出的宁静。看到房间里有一把孤零零的铝制金属椅子,于是她走过去坐下。

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能够在这里兴建别墅的,都是昔日最显赫的人物。我们刚才一路走过来,已经参观了五六座老别墅,现在最后的一座,虽然保存最差,破坏最大,但却有一段最吸引人的神秘传说

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“为什么喜欢我?”她总是爱问这个问题,从春天问到夏天,从秋天问到冬天。而无论在哪个季节,他的笑容都温柔得如同从树荫洒落的阳光。

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案台上烛火摇曳,映着他的眉眼,清弱、深邃,像夜色下的白雾、白雾中的星光,泫然一点,便璀璨了整个空间。

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柔柔的晚风拂过脸颊,皎洁的月光洒在喧闹的城市,人群。市中心花花绿绿的霓虹灯照在满面春风的少女脸上,少女有着如洋娃娃般粉嫩白皙的脸颊,一双仿佛会说话的黑瞳大眼睛更如SD娃娃般可爱。

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Do autor do mega-seller A sutil arte de ligar o f\*da-se Vivemos em uma época interessante. Materialmente, nunca estivemos melhor — temos mais liberdade, mais saúde e mais riqueza do que em qualquer momento da história da humanidade. No entanto, tudo ao redor parece...