

# Endorsements of the Nonviolent Communication process

## in Personal Growth and Healing

“Perhaps I’ve benefited the most from this tool in how I’ve applied it to my own self-talk — my inner dialog. It’s helped me to translate judgments and self-criticisms, so that I could see what was the life-connected impulse they were coming from. Then it was easy and joyful to change without any ‘shoulds.’ I can’t say enough good things about my experience with this tool.”

- **Alan Seid**, Vipassana, Bellingham WA

“Years of meditation and spiritual study left me with discouragement at my inability to implement the resulting high ideals. The Nonviolent Communication process turned out to be the liberating key that is showing me how to put spiritual teachings into concrete practice in my daily life.”

- **Lin Rose**, Bellevue WA

“I have found the NVC practice to be a powerful complement to the Buddhist teachings on right speech. While the Dharma helps me know which forms of speech to avoid, NVC shows me how to use language in ways that build more compassionate connections with others.”

- **Tom Pedulla**, member, Cambridge Insight Meditation Center, Cambridge MA

“Nonviolent Communication has catalyzed a process of clarification/healing/empowerment in me that I could never have imagined. This process has impacted every area of my life, and continues to unfold. For me, it unifies the spiritual truths I’ve found in all the world’s religions. It facilitates and strengthens connections to others and its truths are experientially testable.”

- **A reader in Florida**

“Nonviolent Communication allowed me to overcome my toxic conditioning and find the loving parent and person that was locked inside.”

- **A nurse in California**