

Non Violent Communication: An Art of Peaceful Communication: 50 + Proven Tips for Nonviolent Communication, action, atonement & Nonviolent Resistance (Nonviolent ... Atonement, Nonviolent Resistance)

Flora Butler

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Learn how to communicate peacefully for positive results in life

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You would have realized many times during your life that you have missed an important opportunity. Did it happen to you anytime that you have ruined important aspect of your life just because of your short temper or rude behaviour? For example, suppose that you are going to get a promotion in your job, but suddenly you boss blames you for not completing your work properly and you shouted at him. You lost an easy chance of promotion and on the other hand, you lost your boss's preference. You are no more in the good books of your boss. We ruin our life many times like this just because of our short tempered behaviour and that's why we must learn the non-violent communication for successful life and relations.

Learning non-violent communication is very important for the people like you who often face the problem of anger. Anger is not good for your health and also your well being. You would have realized in your life that you lost many relations just because of your anger. We often blame other people about their rude behaviour, but we never realized that sometimes we ourselves are more responsible for the awkward situation than another person. Non-violent communication is the best way to deal with ill mannered people in our life. Many people in our life are somewhat important and we cannot totally neglect them. We must learn how to cope in different situations to live a happy and peaceful life.

Non-violent communication is an art of learning how to send and receive messages. Now, there are two important questions in these messages: What is alive within us? And what should be done to make our life more beautiful? Nonviolent communication is a specific approach to communicating, listening, and speaking that leads us to provide everything from our heart, thereby allowing our natural compassion to flourish. Learning non-violent communication requires great honesty, openness, developing a certain degree of expressions, and thereby overcoming deeply ingrained learning that should contain judgement, fear, obligation, duty, fear, punishment, and reward. Everything we do is the outcome of our requirements. Whenever we apply this view to others, then we will see that we don't have any real enemies. The behaviour of other people towards us is the best possible thing they know to do to get their requirements met.

Let's get started.....

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Tags- Nonviolent Communication, Nonviolent Action, Nonviolent Atonement, Nonviolent Resistance, Nonviolent Communication A Language of Life, Living Nonviolent Communication

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Jamie Durbin:

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