

Nonviolent Communication (NVC) Resource List

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NVC resources are extensive, and many certified trainers have websites that offer a variety of tools and articles. This list represents a few of the resources (open access) that I have found helpful on my NVC learning journey. Book recommendations begin on page 2.

Basics of Nonviolent Communication by Inbal Kashtan and Miki Kashtan, [Basics of Nonviolent Communication – BayNVC](#)

Key Facts About Nonviolent Communication (NVC) from PuddleDancer Press and the Center for Nonviolent Communication, [Layout 1 \(nonviolentcommunication.com\)](#)

Basic Pitfalls of Using NVC by Miki Kashtan, [Basic Pitfalls of Using NVC | Psychology Today](#)

The 4 Components of Nonviolent Communication by Marshall Rosenberg, [4 components of NVC 4 \(rev 6.20.19\) \(nonviolentcommunication.com\)](#)

The 4-Part Nonviolent Communication (NVC) Process, [4-Part Nonviolent Communication \(NVC\) - PuddleDancer Press](#)

Nonviolent Communication by Paige Hector, [Nonviolent Communication - Caring for the Ages](#)

From Protection to Collaboration: What to Do and Say to Empower Ourselves When Hearing a Difficult Message by Paige Hector and Aya Caspi, [From Protection to Collaboration: What to Do and Say to Empower Ourselves When Hearing a Difficult Message - Caring for the Ages](#)

The RAIN of Self-Compassion by Tara Brach, [Blog: The RAIN of Self-Compassion - Tara Brach](#)

What Does It Mean to Be “Emotionally Literate?” by Yvette Erasmus, [What Does It Mean to Be "Emotionally Literate"? - Dr. Yvette Erasmus](#)

Courageous Communication a Nonviolent Communication Curriculum for the Maine Coastal Regional Reentry Center by Peggy Smith, [Courageous Communication, a curriculum by Peggy Smith \(opencommunication.org\)](#)

The Blame-Free State by Francois Beausoleil (Free Download), [THE BLAME-FREE STATE \(F.Beausoleil\) - PDF Free Download \(docer.tips\)](#)

Radical Acceptance: The technique to alleviate suffering, [▶ Radical Acceptance: The technique to alleviate suffering \(psychology-spot.com\)](#)

Book Recommendations

Nonviolent Communication by Marshall Rosenberg
Dementia Together by Patti Bielak-Smith
The Heart of Nonviolent Communication by Stephanie Bachmann Mattei and Kristin Collier
Connecting Across Differences by Jane Marantz Connor and Dian Killian
Pathways to Nonviolent Communication by Jim Manske
The Empathy Factor by Marie Miyashiro
The Myth of Normal by Gabor Mate
Say What You Mean by Oren Jay Sofer
Collaborating in the Workplace by Ike Lasater
Words That Work In Business by Ike Lasater
How to Have Antiracist Conversations by Roxy Manning
The Antiracist Heart by Roxy Manning and Sarah Peyton
Affirmations for Turbulent Times by Sarah Peyton
Your Resonant Self by Sarah Peyton
Living Nonviolent Communication by Marshall Rosenberg
Reflections on Living Compassion by Robert Gonzales
Compassionomics by Stephen Trzeciak and Anthony Mazzaelli