

Parenting From Your Heart: Sharing the Gifts of Compassion, Connection, and Choice (Nonviolent Communication Guides)

Inbal Kashtan

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The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and roleplaying activities offer the opportunity for self-evaluation, discovery, and application.

Helping parents to connect compassionately with their children, show them love, and offer guidance even in difficult moments, this practical booklet describes how the Nonviolent Communication (NVC) process can transform parenting to promote peace for generations to come. NVC-based parenting tips and ten practical exercises to foster trust, improve cooperation, and inspire open dialogue are included.



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