

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 are listed 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

Practical Spirituality, A Q&A Session with Marshall Rosenberg

Compassionomics by Stephen Trzeciak and Anthony Mazzarelli

The Grieving Brain by Mary-Frances O'Connor