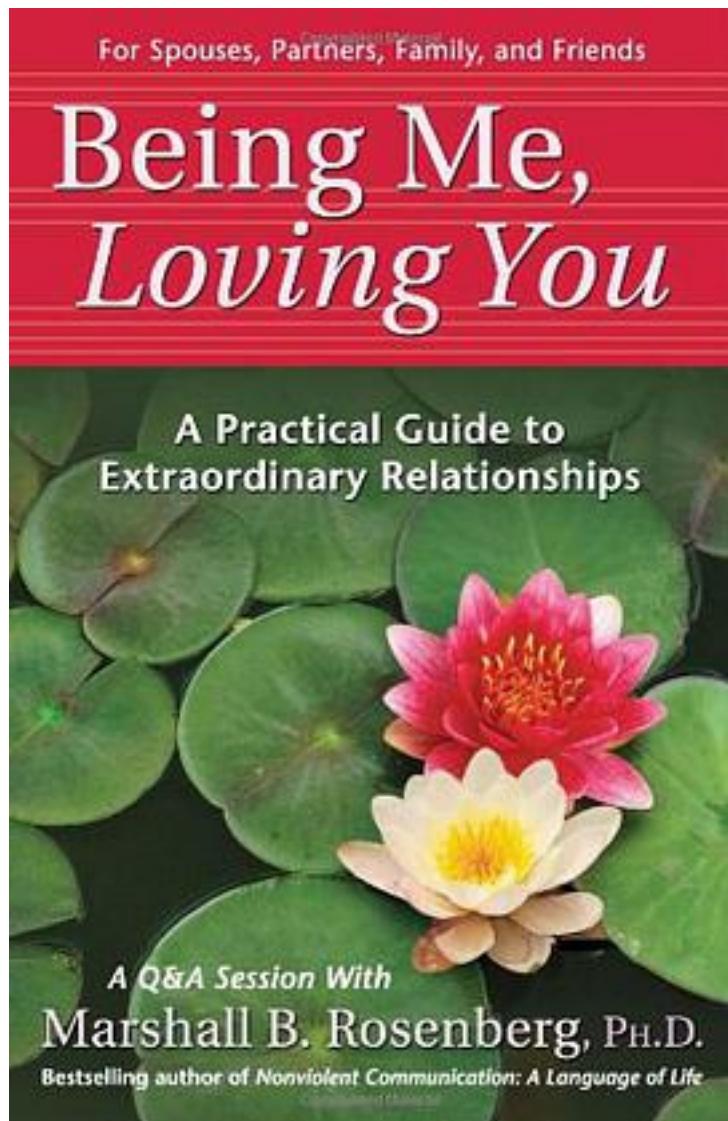


Being Me, Loving You



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Many of us think of love as a strong emotion, a feeling we have for another person. Marshall Rosenberg's helps us take a wholly different and life-enriching approach to love. Love is something you 'do', something you give freely from the heart. Using the Nonviolent Communication (NVC) process, learn how to express yourself nakedly and honestly to your partner, friends, or family, for no other purpose than to reveal what's present or alive in you. Discover what thousands of people around the world already know: A heart to heart connection strengthened by joyfully giving and receiving is the love you long to experience. Discover how to: free yourself from the burden of proving your love and requiring proof in return; avoid doing anything out of guilt, resentment, shame or obligation; and, learn to effectively express how you are and what you need.

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