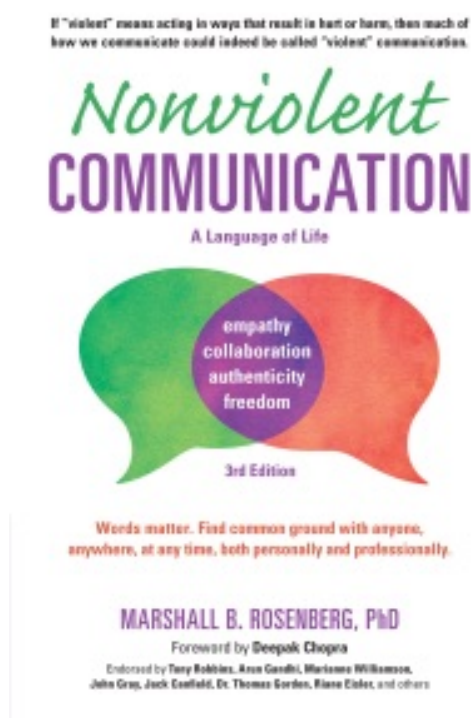


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What is Nonviolent Communication? Nonviolent Communication is the integration of four things:

- Consciousness: a set of principles that support living a life of compassion, collaboration, courage, and authenticity
- Language: understanding how words contribute to connection or distance
- Communication: knowing how to ask for what we want, how to hear others even in disagreement, and how to move toward solutions that work for all
- Means of

influence: sharing "power with others" rather than using "power over others" Nonviolent Communication serves our desire to do three things:

- Increase our ability to live with choice, meaning, and connection
- Connect empathically with self and others to have more satisfying relationships
- Sharing of resources so everyone is able to benefit

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