



Non-Adversarial Communication: Speaking and Listening from the Heart

Arlene Brownell

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Non-Adversarial Communication: Speaking and Listening from the Heart Arlene Brownell

This guide brings the language of mind, heart and spirit to conflict resolution and personal or professional relationships. It includes clear explanations, many real-world examples and activities to deepen understanding and foster skills. Includes month-by-month daily practices.

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