

"Kelly Bryson takes his experience as a counselor and trainer for the Center for Nonviolent Communication, adds his own wit, wisdom and humor, and creates an entertaining expression of universal communication principles and self-awareness insights."

—Marshall B. Rosenberg, Ph.D.  
Founder, Center for Nonviolent Communication

You are holding in your hands some of the most powerful secrets and techniques ever articulated for sustaining love and harmony in relationships. Kelly Bryson has used these methods to create radical shifts in extreme situations: Street gangs in San Diego, combined groups of Protestants and Catholics in Northern Ireland, Palestinians and Israelis in the Middle East, and among the Croats, Serbs, and Muslims during the Bosnian war. They have worked with groups of angry parents after school shootings. They have solved marital custody battles. And best of all, they can make huge changes in your life the first day you apply them.

Are you afraid of conflict?

Do you ever feel powerless in the face of circumstances?

Do you feel victimized by other people in your life?

Are you tired of being one of the "nice dead people" in the world?

This book teaches you the mechanics and spirit of Nonviolent Compassionate Communication to cure "Niceitis," a hereditary disease. It shows how being Mr. or Ms. Nice Guy or Gal is a form of violence to yourself and others, and an escape from a fully lived life. It takes you on a journey from the false choice of being either a depressed doormat, or an aggressive bully, to an effective, enlightened assertion of yourself. It provides principles and tools for self-responsible, non-judgmental, clear and conscious honesty.

"Kelly Bryson is a sincere, honest, open-minded, compassionate, and creative communicator, with a wily wit. I honor Kelly for the wealth of experience he has gathered in Nonviolent Communication, and the way he has put his lessons together here. Practicing the techniques in this book can move you out of old patterns and bring greater authenticity and aliveness to your life and relationships."

—Alan Cohen  
Author of *The Dragon Doesn't Live Here Anymore*



Kelly Bryson has been a family systems therapist for 34 years. He spent 12 years as a monk in an ashram, and 20 years as an authorized trainer with the Center for Nonviolent Communication.

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