

Connecting Across Differences: Finding Common Ground with Anyone, Anywhere, Anytime

Jane Marantz Connor, Dian Killian



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In this fully revised second edition, Dr. Dian Killian and Dr. Jane Marantz Connor offer a comprehensive and accessible introductory guide to exploring the concepts, applications, and transformative power of the Nonviolent Communication process. Providing research-based insight into the psychology of communication, this reference explores the most common barriers to effective communication and provides tangible steps to address these barriers head-on. The book features an expanded selection of relevant, meaningful exercises, role-plays, and activities that give readers the chance to immediately apply the concepts to real-life experiences. With lessons including how to transform negative self-talk into self-empowerment, how to foster trust and collaboration when stakes are high, and how to defuse anger, enemy images, and other barriers to connection, Connecting Across Differences teaches effective communication skills that get to the root of conflict, pain, and violence peacefully.

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