

The Surprising Purpose of *Anger*

**Beyond Anger Management:
Finding the Gift**

A Q&A Session With

Marshall B. Rosenberg, PhD

Bestselling author of *Nonviolent Communication: A Language of Life*

What Is Your Anger Telling You?

You can feel it when it hits you. Your face flushes and your vision narrows. Your heartbeat increases as judgmental thoughts flood your mind. Your anger has been triggered, and you're about to say or do something that will likely make it worse.

You have an alternative. Nonviolent Communication™ teaches us that anger serves a specific, life-enriching purpose. It's an alarm signaling that you're disconnected from what you value and that your needs are not being met. Rather than managing your anger by suppressing your feelings or blasting someone with your judgments, Marshall Rosenberg shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways.

This booklet will help you become more conscious of four key truths:

- People or events may spark your anger, but your own judgments are its cause
- Judging others as "wrong" prevents you from connecting with your unmet needs
- Getting clear about your needs helps you identify solutions satisfying to everyone
- Creating strategies focused on meeting your needs transforms anger into positive actions

Nonviolent Communication (NVC) is a powerful process for inspiring compassionate connection and action. Training in NVC can help facilitate communication and prevent conflict by helping everyone get their needs met. This time-tested, practical process works equally well in education, business and industry, social services, political conflict, as well as in families and personal relationships.

Marshall Rosenberg, PhD (1934–2015), was the founder and educational director of the Center for Nonviolent Communication (CNVC). He travelled throughout the world mediating conflict and promoting peace. www.CNVC.org



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