

Endorsements of the Nonviolent Communication process

from Health Care Providers, Physicians and Nutritionists

“As a family physician, I have used *Nonviolent Communication* in my daily work with patients for almost 10 years. We have much more of a cooperative relationship than before, and NVC has helped me and my patients save time and unnecessary investigations and visits. As a leader of a health care center for about 18 years, NVC has helped me create a climate of trust, understanding and joy for my staff.”

- **Ola Schenstrom, M.D.**, chief physician and family physician; Lulea, Sweden

“Change in the body must start with change in thought. If you have been unable to eat smart, despite repeated attempts, *Eat by Choice, Not by Habit* is the book you have been waiting for.”

- **Linda Prout**, nutritionist and nutrition director

“*Eat by Choice, Not by Habit* combines the author’s humor, deep compassion for others and knowledge about food in a way that makes me eager to follow her lead toward healthy eating-and more importantly, toward a healthy attitude about eating. She aptly teaches us all to frame our food “issues” in a language that is both liberating and comforting.”

- **Judith Hanson Lasater, Ph.D.**, physical therapist and author of 30 Essential Yoga Poses

“The *Nonviolent Communication* process is truly an effective tool in solving problems and differences among individuals. I hold great hope for the tools NVC offers as a means of being a successful organization from top to bottom.”

- **Scott Beethe**, practice administrator

“My use of *Nonviolent Communication* has totally transformed my practice. I have changed from an irritated, impatient practitioner to a compassionate, understanding and loving health care provider.”

- **Lt. JoAnn Burton, RN**, Newport Beach, CA

“*Nonviolent Communication* has positively changed both my personal life and medical practice. I now listen not just with my mind but also from the heart.”

- **Anton Butie, M.D.**, Del Mar, CA

“*Nonviolent Communication* consulting has helped the members of our organization to connect and communicate effectively.”

- **Nate Stewart, M.D.**, orthopedic surgeon