



# 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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