



An Acknowledgment

I want to acknowledge Linda Wemhoff. She gave me support in 2002 when I first thought to do a booklet. She proofread, offered suggestions, simplified all of my heady stuff, and helped keep the layout open and light. Six years later, when I set about this revision, once again she generously gave support. I shower her with heartfelt thanks.

If you appreciate this booklet, kindly go express it by visiting her website: www.RecipeForPeace.com.

As always, I close with gratitude.



To contact John:

PO Box 2011
Nevada City, CA 95959

phones: (home) 530.274.2356 (cell) 541.210.1553
email: john@empathy-conexus.com web: www.empathy-conexus.com

The Center for Nonviolent Communication
For further information on the work of Marshall Rosenberg,
visit the website at www.cnvc.org



©2008 John Cunningham