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**NEW BOOK — *Peaceful Living* — GIVES DAILY TOOLS TO LIVE YOUR BEST LIFE**

*"Tomorrow will come later and yesterday already happened. This is your moment to live. How can you spend it in the way you most enjoy?"* – Mary Mackenzie

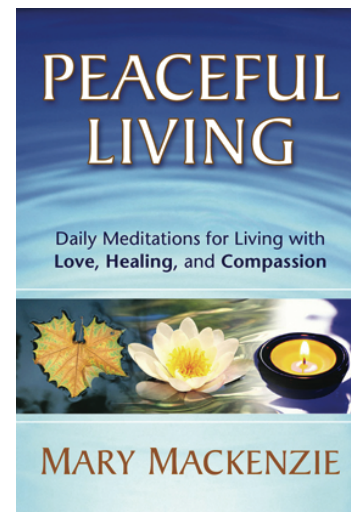
SAN DIEGO, CA — In the quest to live our fullest potential, the biggest obstacle may be something as simple as the way we have learned to think and speak. Indeed, the habitual patterns in our thinking and language can actually keep us from acting on our values, especially during trying circumstances. A new book offers a practical yet life-changing solution.

In PEACEFUL LIVING (PuddleDancer Press, November 2005), Mary Mackenzie, gives readers 366 compelling examples of how we can harness the power of language and thoughts in living our fullest potential. Each daily meditation helps slowly transform a lifetime of destructive internal dialogue to a language and consciousness grounded in compassion.

"Our language defines how we relate to the world, and particularly to one another," says Mackenzie. "Moralistic judgments, labeling, evaluations of someone's behavior — these all serve as intellectual roadblocks that keep me from connecting with my heart."

By shifting our language and thinking, we can also shift the quality of our relationships, says Mackenzie. "And in doing so, we inevitably connect to our common needs. We then stand rooted in our natural state of compassion, where the potential to reach our fullest emotional and spiritual potential is immediately apparent," says the author.

PEACEFUL LIVING goes beyond daily affirmations to help us transform our life by rethinking how we communicate. The Compassionate or Nonviolent Communication<sup>TM</sup> process (NVC) provides simple but powerful tools to stay focused on our intention — of compassionate connection — regardless of the circumstances. And it stresses the importance of inner work, to process pain, anger and other feelings that keep us from a willingness to connect to our own and another's needs.



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“When you shift your focus to valuing your connection with other people, you improve the quality of your life and your relationships. Everyone who crosses your path will benefit from this shift of focus. It is inevitable.”

This discovery process can be equated to learning a new language, as it typically involves a rewiring of how we think and certainly how we use language. By breaking this down into daily applications in common situations, PEACEFUL LIVING helps us slowly and painlessly step closer toward our spiritual and emotional fulfillment. Each daily practice provides positive, tangible results that validate the absolute importance of the path we’re headed down.

**In each of the 366 daily meditations, readers of PEACEFUL LIVING will learn practical skills to:**

- Awaken our spirit by improving our relationships
- Free ourselves from destructive emotional patterns or internal thoughts that keep us from living our fullest potential
- Live authentically by focusing on the honest expression of our feelings and needs
- Ground ourselves daily in the values of compassion
- Be our best spiritual teacher

“The more each person lives in harmony with her values, the closer we are to manifesting world peace,” says Mackenzie. “It will not happen overnight, but each step we take, each moment we choose not to snap at our children or the grocery clerk, each time we consider someone’s else’s needs before we act, world peace is closer. It is inevitable.”

PEACEFUL LIVING is available in bookstores everywhere. To schedule an interview with Mary Mackenzie, please contact marketing director Tiffany Meyer at 360-891-4929 or [tiffany@numamarketing.com](mailto:tiffany@numamarketing.com).

PEACEFUL LIVING, Daily Meditations for Living with Love, Healing, and Compassion, by Mary Mackenzie  
November 2005, 440 pages, \$16.95, paperback 5”x7.5”, PuddleDancer Press, ISBN #1-892005-19-0.

**Publisher’s Website:** [www.NonviolentCommunication.com](http://www.NonviolentCommunication.com)

**Author’s Website:** [www.PeacefulLivingBook.com](http://www.PeacefulLivingBook.com)

## About the Author

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**MARY MACKENZIE**, author of *Peaceful Living* (PuddleDancer Press 2005), has been described as a deeply spiritual person with a keen sense of humor, inner clarity, and insight. She holds a master's degree in Human Relations from Northern Arizona University and is a certified trainer of Nonviolent Communication. She is also a trained mediator and member of the Arizona Dispute Resolution Association.



Mary's personal growth work began in 1988 and has deepened ever since. As a university fundraiser, she used her communication skills to help people realize their dreams while raising millions of dollars. In this position, Mary acted as a bridge between donor and recipient, always seeking and finding solutions that were satisfying to all parties. She ended this career to work with the newly-formed Flagstaff Center for Compassionate Communication, a non-profit organization that teaches transformational thinking as well as speaking and listening skills to individuals, couples, families, and children, and facilitates processes to help organizations undergo restructuring or enhance their current programs.

Mary's guiding vision is to live in alignment with her Creator's direction, and to bridge spirituality, recovery, and emotional work in order to help people fully connect to themselves and their world. Toward this end, she has created and facilitated numerous workshops and trainings including a weekend retreat to help women philanthropists make donation decisions based on their spirituality. Her Nonviolent Communication-based workshops and trainings have helped people in 12-step recovery deepen their work, people in chronic pain find meaning and relief, and those with negative body image issues find peace. She lives in Flagstaff, Arizona.

## Media Inquiries:

To schedule an interview with Mary Mackenzie or a review copy of *Peaceful Living*, please contact our marketing director Tiffany Meyer at 360-891-4929. For more information about Nonviolent Communication or *Peaceful Living*, please visit the PuddleDancer Press website at

**[www.PeacefulLivingBook.com](http://www.PeacefulLivingBook.com)**

# Quick Facts About *Compassionate Communication*

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D. *Peaceful Living* is based on this ground breaking work.
- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.
- At the root of the NVC process are 4 basic assumptions about human nature and language:
  1. We all share the same basic, universal human needs
  2. Feelings and emotions are signals telling us that our needs are or are not being met
  3. Compassion is our basic human nature
  4. At the core of all conflict, violence and emotional pain are needs that are not being met
- The NVC process is used to heal emotional pain, reduce aggression and fortify relationships
- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.
- The NVC process is taught in hospitals, classrooms, corporations, mediation centers, prisons and other organizations around the world
- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization
- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to approximately 250,000 people in 35 countries on six continents each year



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