

For a strengthened empathy



Frank Gaschler, Gundi Gaschler
I Want to Understand What You Really Need
[Ich will verstehen, was du wirklich brauchst]
Non-violent communication with children. The project "Giraffentraum"

Kösel Sach-/Fachbuch
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Frank Gaschler, born in 1967, is a certified trainer for non-violent communication (CNVC), mediator and social pedagogue. Since 2004, he and his wife Gundi Gaschler have been giving courses on non-violent communication for parents, educators and teachers according to Marshall B. Rosenberg.

Gundi Gaschler, born in 1967, is a degreed psychologist and certified trainer for non-violent communication according to Marshall Rosenberg (CNVC). In collaboration with her husband, Frank, she lives and teaches non-violent communication.

Non-violent communication in families, kindergarten and school means: To be able to say what bothers me without accusing, and to openly listen even when the others raise their voices. In addition to empathy, one thereby manages to create a carrying foundation on which everybody can freely develop and be who he or she is. Adults and children thus learn to face the challenges of life, to make decisions which enrich life, to trust, to regret, and to celebrate life.

This book provides adults, educators and teachers with concrete ideas to develop a harmonious relationship with children, ways to stay in loving contact, possibilities to understand what children want to express through their behaviour, and many instructions and guidelines to solve conflicts.

- Updated and expanded edition of the standard work
- With a host of examples and exercises for home and kindergarten
- With a foreword by Marshall B. Rosenberg