

# Micah Salaberrios: Fundamental Principles of Nonviolent Communication (23m)

This episode features author Micah Salaberrios, host of the Art of NVC podcast, from 2019. He examines 7 fundamental principles of Nonviolent Communication (NVC), which include: 1. No evaluations; 2. Authenticity; 3. Blame no one for your feelings; 4. When in doubt, express how you feel; 5. Feelings are one word; 6. Never imply someone else is wrong or bad; 7. No compromise. Purchase books by Micah Salaberrios on Amazon [here](#).

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