

Relationships - Freedom without Distance, Belonging without Control (Org title: Relationbesiktning, frihet utan distans, gemenskap utan kontroll)

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I. The Content (What is the book about?)

This book is meant as a help in mapping relationships and finding concrete ways to enrich the relationships that are most important to us. It contains a checkup-list for relationships and six different sections that includes exercises to be done on your own or with the "other" person. The exercises offer you concrete things to do in order to enrich your relationship.

A. Premise

During the last 10 years I have led many workshops on relationships. This book is a kind of compilation of that work. It means that it has been tested in "real" relationships.

I have also met many people who are hungry for change, but would never dare to set a foot in a training-group to deal with their relationships. This book is one way to support them.

B. Unique Selling Proposition

- This book presents a very concrete tool in taking a deep look at all relationships.
- It will help readers to gain a deeper sense of choice in their lives when the options are more clear
- The many exercises makes the book very practical and useful.
- This book encourages readers to take responsibility of their own relationships.
- Even though this book values and helps relationships to grow, it also makes it clear that there are limitations in all relationships and that we need support from others "outside the relationship" to make it grow.

C. Overview

(1) Description of the problem or need

How our close relationships works is very important to our lives. People often lack clarity and need support in making their relationships flourish.

(2) Presentation of the solution

The book has tools for doing a overall relationship inspection, tools to deal with difficult areas of our relationships, tools to enrich the relationship, and inspirational texts to identify with and draw energy from.

D. Manuscript

1. Manuscript Status:

Printed in August of 2010 in Swedish.

2. Special Features:

A concrete overall inspection and tools for dealing with different pitfalls of close relationships. It can be used in all relationships that are dear to us.

3. Anticipated Manuscript Length

The Swedish version of the book has 15, 500 words, which corresponds to around 70 pages in a A5-format.

4. Anticipated Manuscript Completion Date:

Ready in Swedish in July, 2010.

II. The Market (Who will buy this book?)

The audience for this book is anyone who wants to enjoy their close relationships more.

Competition:

There are a lot of books on relationships but I have never seen one that gives such simple but concrete ways to work on making relationships grow.

For a buyer who is not aware of the special benefits of the approach of NVC in relationships that are dear to us and simply looks for a relationships book in a bookstore, any other book on relationships might compete with this one for his or her attention.

III. The Author (Why are you the best possible author for this book?)

A. Background

I have been a certified NVC trainer since 2002 and have worked extensively with supporting people in their relationships. Since 1992 I have been a consultant working with groups and individuals.

During the past 10 years I have led many workshops on relationships in many different parts of the world. This book is a kind of compilation of that work. I have also done extensive experiments in my own relationships in finding ways to create freedom and deep connection at the same time.

I have translated four of Marshall Rosenberg's books ("NVC - a language for life", "Life Enriching Education", "We Can Work It Out" "Getting Past the Pain Between Us"), Inbal Kashtan's "Parenting with a Heart" and six of Vilma Costetti's books for children into Swedish. Through that I have studied Marshall Rosenbergs approach to relationships intensely.

B. Previous Writing

So far, I have written 9 other books about NVC:

A NVC Workbook (2004)

A book about Communication and Humor 2004

A book on Mediation a la NVC (2008)

A book on Communication and Leadership (2009)

A book on Anger, Guilt and Shame (2010)

A book on Gratitude (2010)

A book on Key Differentiations (2010)

2 NVC books for children (in Swedish, translated into Estonian, English and French) 2006 and 2007)

Since 2003, I have been writing monthly for a Swedish magazine where people can

ask questions about relationships. Samples of my written work are available on request.

C. Personal Marketing

- I work in Poland and different parts of Europe every year and meet a lot of groups and individuals that would be interested in this book.
- I have a large network in and outside of the NVC community who would be willing to endorse the book, including U.S. and international NVC trainers and organizations whose names are known to a large part of the target audience (close connections e.g. to BayNVC, NVC Academy, etc)
- Furthermore, my team and I attend many international conferences and retreats, where we sometimes offer workshops on NVC mediation and also mention our offers in some conversations with people.

Chapter-by-Chapter Synopsis

Foreword

Part 1

Inspection document for relationships
Where are my relationships leading me?
And they lived happily ever after

Part 2

What I can do to enrich your life?
Happy together
Assumptions that helps us establish satisfactory relations
Characteristics of relationships that enriches lives
I do not recognize you! –

Part 3

How to deal with static thinking
Freedom and Love

Part 4

Transform expectations and demands
If you loved me you would send me the bread

Part 5

No!
To infuse more life in intimate relationships
Mistakes - doors to deeper connection
Saying "I'm sorry"

Part 6

Appreciation keeps relationships alive

Appreciation that would make you "Dance with joy"
One relationship - more than two persons

Part 7

Meet more needs

How internal and external structures images affect intimate relationships

Literature list and references