



**OUR KIND OF ADULthood—DOES IT MAKE SENSE FOR OUR KIDS AND IS IT WHAT THEY WANT?**  
Thomas d'Ansembourg

After *Stop Being Nice, Start Being Real* (one million copies sold in French!) comes a new book on Nonviolent Communication with teenagers

224 pages  
September 2020  
Éditions de l'Homme  
Rights sold to Germany and the Netherlands

> Over 8,500 copies sold in French



**STOP BEING NICE – START BEING REAL!**  
Illustrated edition  
Thomas d'Ansembourg

192 pages – March 2014 – Éditions de l'Homme  
Rights sold to Germany, Russia, Korea and Spain

> Over 170,000 copies sold in French

The message of *Stop Being Nice, Start Being Real!* is more relevant than ever. To make his ideas even more easily understood, the author decided to revise the text and add humorous illustrations. Condensed, simplified and more light-hearted, this new edition is the first step for all those who want to let go of their harmful habits and open themselves up to the concepts of Nonviolent Communication.



Original edition:  
**STOP BEING NICE, START BEING REAL!**  
Translated into 17 languages

> One million copies sold in French

We're often better at telling others a few home truths than at simply telling them the truth about ourselves. We wear a mask, we play a role, we hide what's going on inside us. This separation from ourselves to get along with others is the source of a spiral of violence. Becoming more aware of how we think and act, learning to recognize our needs and how to satisfy them by ourselves—this is how to defuse the mechanism of violence.

“Young people don't listen to what you say or what you do. They listen to what you are.”

This statement is especially true in a society where norms are changing rapidly; that's why it's up to adults to find creative and inspiring answers to questions like these:

- How can we give them stimulating and motivating guidelines?
- How can we demonstrate in the very way we talk to each other, listen to each other and try to understand each other that respect, clarity and empathy are not just ideas, but also values for daily living?
- How can we set clear and enlightening limits, without confining the other person or ourselves?
- How can we show them that there's no such thing as total freedom, that it can only be experienced within accepted limits, and that being free does not mean doing everything we want when we want, but doing what we have chosen to do while accepting the unpleasant consequences of our choices?
- How can we instill in them, through our way of being and living our lives as parents or teachers, a taste for beauty and joy, despite the pain and confusion life brings?

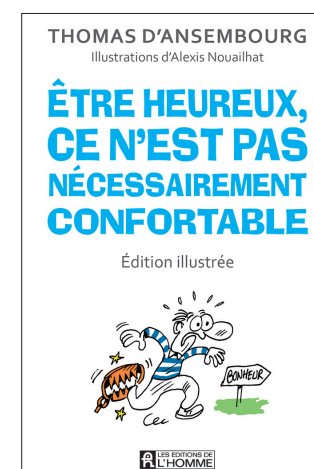
Thomas d'Ansembourg sheds light on these questions—and many others!—using concrete examples to encourage us all, young and old alike, to move forward on a path of responsibility, freedom, and unselfish happiness.

**STRONG POINTS**

- The author's empathetic and straightforward style guides us without making judgments, following the principles of Nonviolent Communication (NVC).
- A thoughtful text that is the fruit of over 20 years of experience in offering support to young people and adults.

**Subjects:** youth, adolescence, crisis, Nonviolent Communication, guidance, kindness, choice, responsibility

*Trained in various psychotherapeutic approaches, notably Dr. Marshall Rosenberg's method of Nonviolent Communication, Thomas D'Ansembourg is a training facilitator, lectures worldwide and offers individual consultations.*



**BEING HAPPY IS NOT ALWAYS COMFORTABLE**  
Illustrated edition  
Thomas d'Ansembourg

152 pages – September 2015 – Éditions de l'Homme

The popular belief that happiness depends on feeling good and leading a carefree life is an illusion. It can play tricks on us and prevents us from fully enjoying those genuine moments of happiness that punctuate our lives. Thomas d'Ansembourg calls it the anti-happiness trap, into which we are too often prone to stumble. He has singled out several such traps during his own life and those of his acquaintances. Using specific examples, the author helps us understand how these counter-productive traps restrict our lives and offers practical tips for breaking free.



Original edition:  
**BEING HAPPY IS NOT ALWAYS COMFORTABLE**  
Translated into 8 languages

> Over 100,000 copies sold in French