

FOR IMMEDIATE RELEASE:

The Relationship Foundation Offers Relationship Relief

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In response to Stay-at-Home, The Relationship Foundation is offering to help individuals and families to better cope with the strain on any of their relationships. Thus, the Relationship Foundation is offering a complimentary copy of their acclaimed book *Healthy Relationships 101* that has proven to help build and sustain healthy relationships for individuals, parents, students, and organizations throughout the United States.

Healthy Relationships 101 addresses empathic listening, respectful communication skills, healthy boundaries, preventing cycles of abuse, and communicating on social media.

The Relationship Foundation, headquartered in New York City, has implemented Relationship Education in schools and organizations across the country. "Relationship Education," according to Michael Jasz, Executive Director of The Relationship Foundation, "is the missing component in our childhood and adult learning process."

About The Relationship Foundation

It was founded in 2008 to teach the fundamentals of Nonviolent Communication, empowering individuals to articulate their needs and feelings without blame and judgment, and to listen empathically. Their curriculum has been used nationwide in high schools, middle schools, mental health facilities, women's crisis centers, prisons and even the military. Marianne Williamson, former presidential candidate, internationally acclaimed author, lecturer and popular guest on Oprah, has said: "Given that we've discovered how to send a man to the moon but haven't figured out how to get along any better than we do amongst ourselves, nothing is more important in these times than that we learn how to form and maintain quality relationships. *Healthy Relationships 101* provides tools that all of us need in order to bond in meaningful and healthy ways with others. Especially for our young people, this is truly a much-needed gift." www.therelationshipfoundation.org

About Michael Jasz

Michael Jasz created The Relationship Foundation after a lifetime of studying relationship dynamics. His studies, especially of Marshall Rosenberg's Nonviolent Communication (NVC), led him to his career as a successful relationship coach and to the realization of how much more satisfying his life would have been had he learned these communication skills in school growing up. Michael's extensive knowledge of relationship dynamics and NVC gained the attention of a school administrator in December 2007 who invited Michael to introduce Relationship Education and NVC to a group of high school students in Manhattan. After the presentation, a school counselor emailed the principal saying that he had not seen a group of students transformed in 42 minutes in his 10 years at the school. Along with a team of educators and psychologists, Michael went on to author a book and develop a curriculum, both titled *Healthy Relationships 101*, which provide students, parents, and teachers with communication skills that empower them to express confidence, leadership, and empathy in all of their relationships. Their program also addresses social issues such as abuse, bullying prevention, communication technology, and healthy boundaries. Today, their curriculum has reached thousands of students through workshops, assemblies, and classes, as well as other individuals and organizations throughout the country.