



Everything Is Workable: A Zen Approach to Conflict Resolution

Diane Musho Hamilton

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Conflict is going to be a part of your life—as long as you have relationships, a job, or dry cleaning to be picked up. Bracing yourself against it won't make it go away, but if you approach it consciously, you can navigate it in way that not only honors everyone involved but makes it a source of deep insight as well. Seasoned mediator Diane Hamilton provides the skill set you need to engage conflict with wisdom and compassion, and even—sometimes—to be grateful for it. She teaches us how to:

- Cultivate the mirror-like quality of attention as your base
- Identify three personal conflict styles and determine which ones you fall into
- Recognize the three fundamental perspectives in any conflict situation and learn to inhabit each of them
- Turn conflicts in families, at work, and in every kind of interpersonal situation into win-win situations

Her unique approach unites Zen wisdom and Integral Spirituality with her own story and her experiences as a professional mediator in a way that shows you how to look at conflict in a new way: as an essentially spiritual practice.

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A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a e-book. The book Everything Is Workable: A Zen Approach to Conflict Resolution it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too costly but this book offers high quality.

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