



How to Resolve Conflicts: Turn Conflict into Cooperation (Paperback)

By Wendy Grant

PAVILION BOOKS, United Kingdom, 2007. Paperback. Book Condition: New. 2nd Revised edition. 210 x 138 mm. Language: English . Brand New Book. Conflict distorts relationships - whether it takes the form of international disputes between countries or cross words exchanged with friends, work colleagues or family members. All too often conflict can slip out of control, with tragic consequences - as seen, for example, in so-called road rage incidents and outbreaks of violence after hours. Yet we are not totally helpless to stem this surge of anger that can sometimes be caused by lack of self-esteem. By understanding how and why conflict occurs, all kinds of arguments can be resolved. That s the empowering message of Wendy Grant s stimulating approach to letting go of anger and taking control of your life. Clearly and entertainingly written, How to Resolve Conflicts is full of self-improving exercises, inspirational case studies and original, practical suggestions that help resolve many of the problems which cause conflict. Simple to follow and easy to understand, this is a superb and original approach to dealing with the problems of daily discord, whether in the home or at work.



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