



Everything Is Workable: A Zen Approach to Conflict Resolution

Diane Musho Hamilton

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Everything Is Workable: A Zen Approach to Conflict Resolution Diane Musho Hamilton
Using mindfulness to work with and resolve the inevitable interpersonal conflicts that arise in all areas of life.

"Wonderfully engaging, perceptive, and wise."—William L. Ury, co-author of Getting to Yes

Conflict is going to be part of your life—as long as you have relationships, hold down a job, or have 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 a 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 how to:

- Cultivate the mirror-like quality of attention as your base
- Identify the three personal conflict styles and determine which one 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 relationship into win-win situations

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