



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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