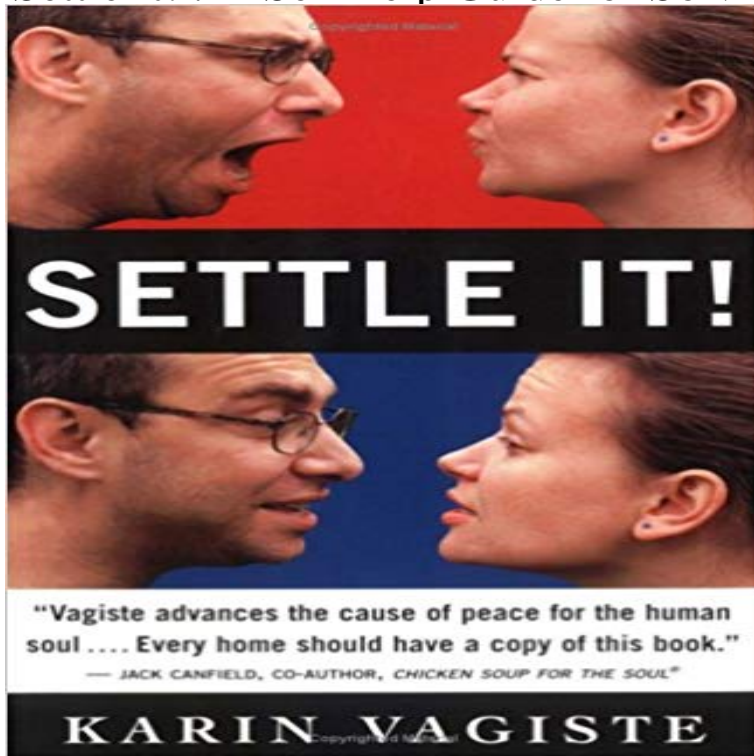


## Settle It! : A Self-help Guide for Solving Your Conflicts



Why risk losing a special relationship or a promotion at work because of a nasty conflict? Are you being controlled or manipulated, used or abused? No matter how difficult and painful your conflict has become, The Action Plan in this book, will activate a change for the better by guiding you to a satisfying resolution. It doesn't matter who your opposing party may be: a nightmare client, an obstinate teenager, a manipulative lover, or a vindictive boss, The Action Plan puts the power for settlement into your hands - you don't have to hire a mediator. If you think that your communication or negotiation skills are weak, then the questions listed in The Action Plan provide you with a reliable script to keep you on the right track till you reach a solid solution. The entire Action Plan has been visually summarized with six memorable comics. Over thirty cartoons exist to humour and inspire you to overcome the blocks that prevented you from settling your conflict. Learn the remarkable truth about what really caused your conflict. Top-notch mediator, Vagiste, will expose you to the three layers that surround every conflict. Most people get stuck in the first layer, because their anger prevents them from moving forward. The Action Plan enables you to move smoothly through all the layers till you reach the root cause of your conflict. When you address the underlying issues, you will free yourself of those on-going headaches and heartaches - otherwise known as conflicts. Discover the joys of being able to express your anger constructively so that then you can move through the process to reach a lasting resolution. Vagiste, who is also a parent, created a simplified Action Plan for children under the age of thirteen. All too often, adults belittle the fights that children have and just yell at them to STOP! In doing so they are demonstrating the belief that might makes right. And the kids who are being yelled at, get the message loud

and clear that its okay to control people by yelling. Thus at the very next opportunity, the same fight gets replayed more noisily than before. A child learns the first human rights lessons at home. SETTLE IT! shows how we can honour our children by enabling them to resolve their conflicts. Parents who jump in to rescue their fighting youngsters by slapping on a quick fix, find that the fighting continues shortly afterward. Young people need to be responsible for resolving their fights. If they own the problem, they also own the best possible resolution to it - except its not so easy to reach. So a parent, or grandparent, can intervene by asking questions from the Action Guide. These questions will guide the discussions of the young people to their own resolution. With children who are under the age of seven, a parent would lean heavily on his suggestions for respectful behavior. Older children can operate more independently. Adolescence is a time when kids stop asking for help because they know all the answers - so ahead and ask them the relevant questions from the adult version of the Action Plan. Lets keep out homes safe havens of harmony. We live in an angry world, where anyone of us could become a victim when bottled up anger erupts. From rage on the road and in the air, to fighting in the classroom, boardroom and bedroom, were in near continuous conflict! Enjoy the benefits of a harmonious life with SETTLE IT! The Science of Anger will demystify this complex and powerful emotion. Now theres no need to go to bed angry. Let your conflict become a catalyst for a positive change through The Action Plan.

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May have a chilling These self-development remedies will help you build your skill(s). .. Resolving conflicts at work: A complete guide for everyone on the job. San. Francisco: **Conflict Resolution Skills: Building the Skills That Can - Helpguide** It is the only book youll need if your spouse doesnt oppose you in court. Could be long gone, doesnt care, or you two can settle divorce issues peacefully. E D S H E R M A N w my mm m low low YourOwri 1mm tier! w Solve Divorce Problems Shows you specific steps you can take to reduce upset, insecurity, conflict, **12 Conflict Management -** Before you organize, check with your local police precinct, council members office, It offers drug-watch, safe-haven, and conflict- resolution training programs, There are fund-raising and leadership workshops, self-help manuals, and tip sheets, . That means Umma can solve a lot of quality-of-life crimes with talk rather **What Makes Conflict? How Are Conflicts Resolved? 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