



Date : 21/03/2019

Pages : 188

Format cm : 15 x 21

Prix : 12.0

EAN : 9782212571547

## Conflict Resolution

Understanding, Managing, and Transforming  
Confrontations into Constructive Episodes

---

Author: Christophe Carré

Publisher : Eyrolles

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Quarrel - Dialogue - Exercises - Profiling

---

How to anticipate, understand, defuse, and resolve conflicts.

Conflict is a part of life. In our daily lives, we experience all sorts of relationship difficulties: awkwardness, misunderstandings, disagreements, inconsequential clashes, and violent hostilities. We often respond with fear, and the behaviors that result only make things worse. Why does conflict happen? What tools for dialogue should we make use of? How can we communicate in a conscious way?

This book answers all these questions to help you resolve the various forms of conflict, growing and learning from them. Through examples and exercises, you will discover how to approach all situations with serenity.

---

Sales in France: 17,000 copies

Adaptations: Audiobook