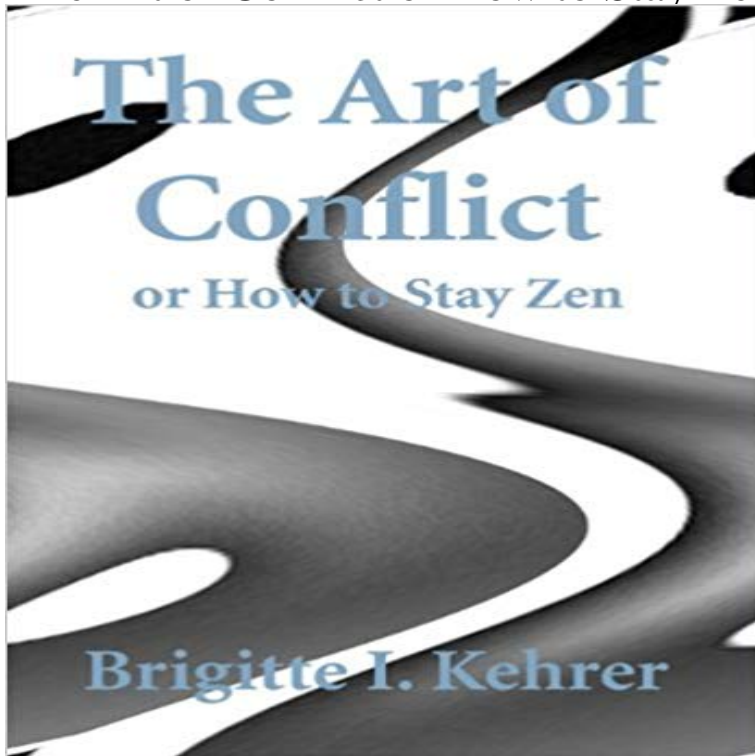


The Art of Conflict or How to Stay Zen



Aiming to recognize, address, and eventually suppress the vicious cycles of negativity within ourselves, this self-help book pinpoints the causes of problems affecting daily life. Understanding that negative emotions manifest themselves externally through conflict and lead to feelings of anger, sadness, and pain, this handbook provides techniques, such as meditation and negotiation practices, that can overcome negativity and uncover a happier and more peaceful person. Helpful and objective, this guide not only pinpoints the causes of problematic relationships and difficult situations but also provides step-by-step solutions.

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