



Your Conflict, Your Resolution illustrates how unresolved conflict limits our goals, and though sometimes unavoidable, are valuable learning opportunities. Conflict is not a four-letter word!

Learning to recognize the part we play, from communication break-downs at work, to the emotions that hold us back from getting what we really want, helps us take the first and most important step towards change.

This book offers an insightful road map for taking personal responsibility for our conflicts. We are the constant in every situation. When we get upset, it really is about us and not them. After all, if it weren't them, it would be some other "them".

Twenty-five easy to use tools are outlined for on-the-spot resolution. Twelve exercises for long-term benefits are also offered to assist in identifying internal conflicts, discover their origins, allowing freedom of choice in action instead of reaction.

Price: \$15.00

Seminars teaching the tools from this informative book are available for your company or organization. Contact Rose at rmtaylor@creativeresolutionstoday.com for more information.