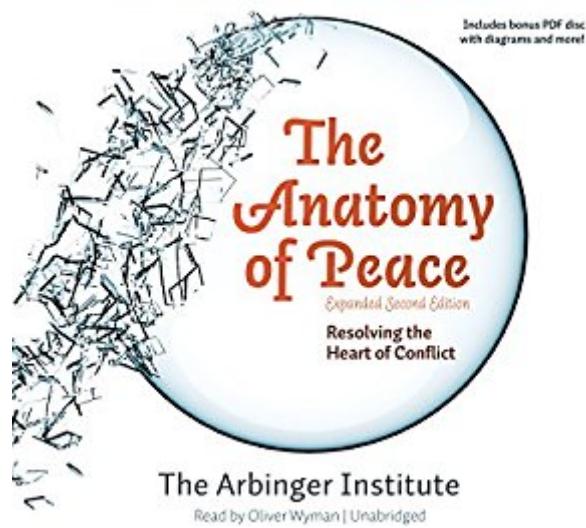


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# The Anatomy Of Peace, Expanded Second Edition: Resolving The Heart Of Conflict

The international bestseller by the authors of *Leadership and Self-Deception*



## **Synopsis**

What if conflicts at home, conflicts at work, and conflicts in the world stem from the same root cause? What if we systematically misunderstand that cause? And what if, as a result, we systematically perpetuate the very problems we think we are trying to solve? From the authors of Leadership and Self-Deception comes an international best seller that instills hope and inspires reconciliation. Through a moving story of parents who are struggling with their own children and with problems that have come to consume their lives, we learn from once-bitter enemies the way to transform personal, professional, and global conflicts, even when war is upon us.

## **Book Information**

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## **Customer Reviews**

This is one of the most important books I have ever read. Its topics and message is so unique to the other books that would be in the same category. Self deception is an important lesson for every human being to learn if they want to vastly improve themselves as an individual. Think you are a victim in life? That bad things always happen to you??? Well you might find some answers and more importantly some freedom from the parts of life that can take such a heavy toll. When you learn to look within to them look without you find that most the suffering and conflict in your life is due to having a heart at war. The inner conflict that tells you people should behave how you want them to. That another person exists to serve your needs first and then maybe their own. When you have a conflict with another person they are a burden. They are an obstacle that needs to be removed. That

type of objectification leads to pain and suffering on a personal level. It is possible to see a person as a person and still have difficult circumstances in life. I hope you read this book. From one person to another this would be one of the most important books you read. If you are struggling and work or home or like me both sometimes I think this book could hold some resolutions for you.

I bought and read this book for a summer course at my university and finished it in two or three days. This book was utterly amazing to read and relayed rather surprising insights on resolving conflicts within ourselves and with those around us. I definitely recommend this book to anyone open to or interested in transforming their minds and hearts when it comes to inner turmoil and conflict with others.

This is a must read for everyone!!! This book teaches you how to live in peace, even as you deal with difficult situations!!! It is very well written and explains the process through a story that not only makes it easier to understand, but also draws you in and helps you learn real ways to apply these teachings to your life!!!

The Anatomy of Peace is a treasure trove of wisdom. It tells the compelling story of what's really going on within each of us, and helps unpack the "root cause" of many of our struggles and conflicts in life. It is enlightening and empowering. I am sure you'll recognize yourself in its pages, whether you want to or not. The good news is that you'll also find solutions to ongoing difficulties in your family and professional relationships. I have recommended to friends and family alike and hope to re-read it again and again to keep my heart open to truths it teaches.

This is an exceptional way to learn more about our own contribution to conflicts, and, hopefully, to healing and resolution. The idea of using a narrative story makes it very easy and engaging to actually absorb a variety of teachings. I find it helpful for applying to my own life as well as for group discussion and support. It will be a new "classic" for me, especially in the fields of ministry, prison work, and spiritual formation. While one quickly discovers that we all have some piece of the conflict to own, we also receive practical guidance for how to turn our own hearts around and make room for others to do the same. May more and more hearts move from war to peace through the help of this book!

I read this book because it was required of me when I started a new job. The CEO of the company

said this book changed his life and wanted to share it with all of his employees. I wouldn't say that this book changed my life, but it certainly did open my perspective on my relationships with others. I would recommend this to anyone that is looking for ways to help improve their communication and interactions with others.

Though the story-line was different, it seemed to me the overall concepts in this book were similar to "Leadership and Self-Deception". Had I known how similar the concepts were, I would've spent my time reading a different book. I preferred "Leadership and Self-Deception", but that could've been I had read it first.

At age 11, in a program performed by the students, my elementary school had the whole student body sing the song "Let there be peace on Earth". The message sunk deep into the heart of this little boy. Now, 50 years later, I have finally found a book that outlines a method of understanding why peace is not a normal experience in this world and what we can do about it, as individuals, to change that condition. We have the power within to make the world a better place. Thank you to the Arbinger Institute for this insightful book.

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