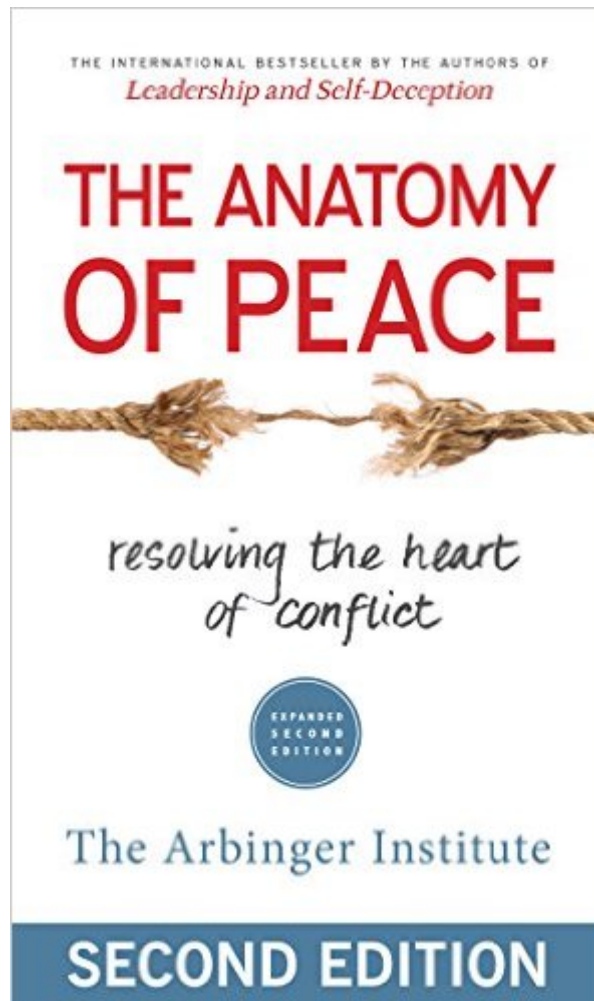


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# The Anatomy Of Peace: Resolving The Heart Of Conflict



## Synopsis

NEW EDITION, REVISED AND UPDATED 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? Every day. From the authors of *Leadership and Self-Deception* comes an international bestseller 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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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (665 customer reviews)

Best Sellers Rank: #4,437 in Books (See Top 100 in Books) #1 in [Books > Politics & Social Sciences > Politics & Government > Specific Topics > War & Peace](#) #3 in [Books > Business & Money > Human Resources > Conflict Resolution & Mediation](#) #13 in [Books > Self-Help > Relationships > Conflict Management](#)

## Customer Reviews

I read this while taking a train to a meeting, and when I got back on the train, I re-read the entire book all over. I was absolutely blown away. The authors of the book, the Arbinger Institute, have discovered the secret to world peace--and to domestic tranquility in your marriage and family as well. Coming as I do from a turbulent family, I recognized the push-pull issues that make people enemies who should love each other. And I recognized when in my life I decided to have peace in my heart and when I chose to be at war in my heart instead--and what the results were. Here is a system of engaging with everyone you meet in order to have peaceful relations. The book starts with a story about a family taking their paroled drug-dealing son to a desert retreat and rehabilitation program run by an improbable pair of an Israeli and an Arab. The parents drop off the children and

then spend a couple of days with the program therapists before leaving the kids behind. Surprise; the book is NOT about the desert survival experience of the kids; we only learn of this obliquely throughout the book. Instead, the parents learn how to deal with each other and their world with a peaceful heart. The system of teaching involves some parables, stories, charts and a pyramid starting at the top with "correction" but supported below with teaching, listening, and otherwise dealing lovingly with your fellow man. The philosophy of Martin Buber is some of the basis for these important teachings. Buber stated that people either dealt with each other as I-YOU or as I-IT. When people deal with others as "it", we get everything from the person who is yapping on a cell phone while they carelessly careen through a parking lot to wholesale slaughter of people for being the wrong religion or race.

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