

Healing the Heart of Conflict: Eight Crucial Steps to Making Peace with Yourself and with Others Revised and Updated

Dr. Marc Gopin



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Conflict can be a difficult concept to understand. You cannot just consider the logical reasons behind the confrontation. You must also understand the feelings and identity issues of the parties. Some people thrive on the toxic environment conflict creates, or they get caught in a loop with little chance of escape.

Dr. Marc Gopin has dedicated his career to recognizing, analyzing, and resolving conflict. According to Gopin, there are eight steps for healing conflict. His helpful guide provides an in-depth discussion on all steps. He encourages readers to identify the unique aspect of their conflict and also place it within a larger context to look for patterns.

The guide isn't just about resolving conflict in your own life but also about the ways you become a mediator in someone else's conflict. If a peacemaker isn't in control of his or her own emotions and doesn't fully understand intentions, the peacemaker can potentially add to the conflict instead of helping resolve it.

Whether you are having personal or professional problems, or you want to help resolve someone else's conflict, *Healing the Heart of Conflict* will help you take the first step toward a peaceful resolution.

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