



The Magic of Conflict: Turning a Life of Work into a Work of Art

By Thomas Crum

SIMON SCHUSTER, United States, 1999. Paperback. Book Condition: New. Revised ed.. 229 x 185 mm. Language: English. Brand New Book ***** Print on Demand *****.THE MAGIC OF CONFLICT presents Aiki - a uniquely effective New Age stress-reduction strategy. Based on Aikido, a Japanese martial art and mind-body discipline, the programme has already helped thousands of people. By learning a set of simple techniques - including meditation, breathing exercises and a focus on play - the Aiki method provides an antidote to the intense personal and professional pressures of modern life. From overcoming apathy to understanding how conflict can be an opportunity for choice and change, Aiki turns mind-body integration into powerful tools for enhancing performance in conflict resolution, stress management and team building.



Reviews

This created pdf is fantastic. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this publication by which in fact altered me, alter the way i really believe.

-- Amanda Hand Jr.

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.

-- Jarod Bartoletti

Related eBooks



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English. Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



Public Opinion + Conducting Empirical Analysis

SAGE Publications Inc, United States, 2011. Kit. Book Condition: New. Revised ed.. 279 x 217 mm. Language: English . Brand New Book. Public Opinion : One of the central tenets of a democracy is that we expect the public to have some...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in...