



Peace in Everyday Relationships: Resolving Conflicts in Your Personal and Work Life

Sheila Alson

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Creating peace in our lives is a life-long journey. The author, a successful conflict resolution and mediation consultant, draws on knowledge and techniques from many different disciplines: neurology, psychology, teambuilding, communication skills, negotiation, martial arts, alternative dispute resolution, law, education, diversity training, and spirituality.

All her concepts and tools are solidly based on accepted research; nevertheless the book is written in a very down-to-earth, conversational style. The book gives readers of all backgrounds the skills to resolve conflicts successfully with others, create win-win outcomes, and add peace to their everyday lives. The author includes many interesting examples from her experience with couples and other people from her private practice.

Whether the conflict is divorce, minor incompatibility between housemates or spouses, issues about or with the children, adolescent rebellion, extended family feuds, generation gap misunderstandings, irascible senior citizens, workplace squabbles, or a disagreeable boss, this book offers workable solutions.

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