



MANAGING YOUR DISAGREEMENTS AND DIFFERENCES
A Tried-and-true Way to Create Harmony in Your Surroundings
Danie Beaulieu

A simple, original and effective program for resolving conflicts.

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This book discusses the best way to settle conflicts with colleagues, friends, neighbours, life partners, parents, children, etc. The author's four-stage programme is designed to stop us all from handling disagreements with aggression, unhappiness, or resentment. We'll learn how we often have a tendency to use survival strategies dating back millions of years that no longer have any reason for being. By no longer blaming other people, taking full responsibility ourselves, and paying attention to and nurturing our relationships the way we ought to, we can resolve most of our disagreements.

The approach is described step by step, and a number of exercises based on impact therapy make it all simple. This is a priceless resource for anyone who wants to change and live peacefully with others.

STRONG POINTS

- A book designed for everyone.
- A new method based on impact techniques, with step-by-step instructions.
- Effective tools for bringing about behavioural change.

Subjects: conflict, conflict resolution, aggression, aggressiveness, disagreement, difference, peace, harmony, agreement

A doctor of psychology, Danie Beaulieu has taught in roughly 15 countries in French, English and German. A lecturer and the author of 21 books and 10 booklets on personal growth, she has profoundly changed the practices of thousands of professionals worldwide and continues to inspire both the professional and the general public.

By the same author
IMPACT TECHNIQUES

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