



The Magic of Conflict: Turning a Life of Work into a Work of Art (Paperback)

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.



READ ONLINE
[2.9 MB]

Reviews

A brand new e book with an all new standpoint. it was actually writtern very properly and beneficial. I am just very easily will get a satisfaction of studying a composed publication.

-- Esperanza Pollich

This book is definitely worth acquiring. Yes, it is enjoy, still an amazing and interesting literature. Its been written in an remarkably basic way and is particularly simply soon after i finished reading through this pdf where actually changed me, affect the way in my opinion.

-- Murray Marquardt