



Inner Peace Through Conflict Transformation

Paul Redekop

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This is a groundbreaking guide to achieving a more peaceful relationship within your self through an exciting journey of self-discovery and self-realization. Readers are invited to:

- Learn to meet conflicts and challenges through listening to themselves. They can learn to identify the sources of their inner conflicts, and communicate with themselves more effectively. This will help them to transform their inner conflicts on the way to becoming more peaceful, loving and integrated individuals.
- Engage in ongoing inner conversations and learn how to be their own best friends rather than their own worst enemies. No subject is off limits or too sensitive. They can celebrate their strengths while acknowledging their limitations in an accepting and understanding manner. Such an active, dynamic and peaceful personal relationship to self can take them to new heights of energy, creativity and personal success.
- Identify their current strategies for dealing with inner conflicts by using the helpful tests and exercises provided. These are designed to help readers to gain greater self-awareness on their personal journeys to inner peacefulness and constructive change.
- Create greater personal peacefulness by working with inner conflicts effectively through the use of conflict resolution skills as an ongoing part of their everyday life experience. This is a valuable resource for conflict coaches and life coaches, and for all people interested in becoming more integrated, creative and joyful individuals.

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