



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.



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