

# The Anatomy of Peace: Resolving the Heart of Conflict (First Edition)

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### The Anatomy of Peace: Resolving the Heart of Conflict (First **Edition**)

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The Anatomy of Peace: Resolving the Heart of Conflict (First Edition) Arbinger Institute [Read by Oliver Wyman]

Through an intriguing story of parents struggling with their troubled children and with their own personal problems, The Anatomy of Peace shows how to get past the preconceived ideas and self-justifying reactions that keep us from seeing the world clearly and dealing with it effectively. Yusuf al-Falah, an Arab, and Avi Rozen, a Jew, each lost his father at the hands of the other's ethnic cousins. As the story unfolds, we discover how they came together, how they help warring parents and children to come together, and how we too can find our way out of the struggles that weigh us down. The choice between peace and war lies within us. As one of the characters says, "A solution to the inner war solves the outer war as well." This book offers more than hope -- it shows how we can prevent the conflicts that cause so much pain in our lives and in the world.



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