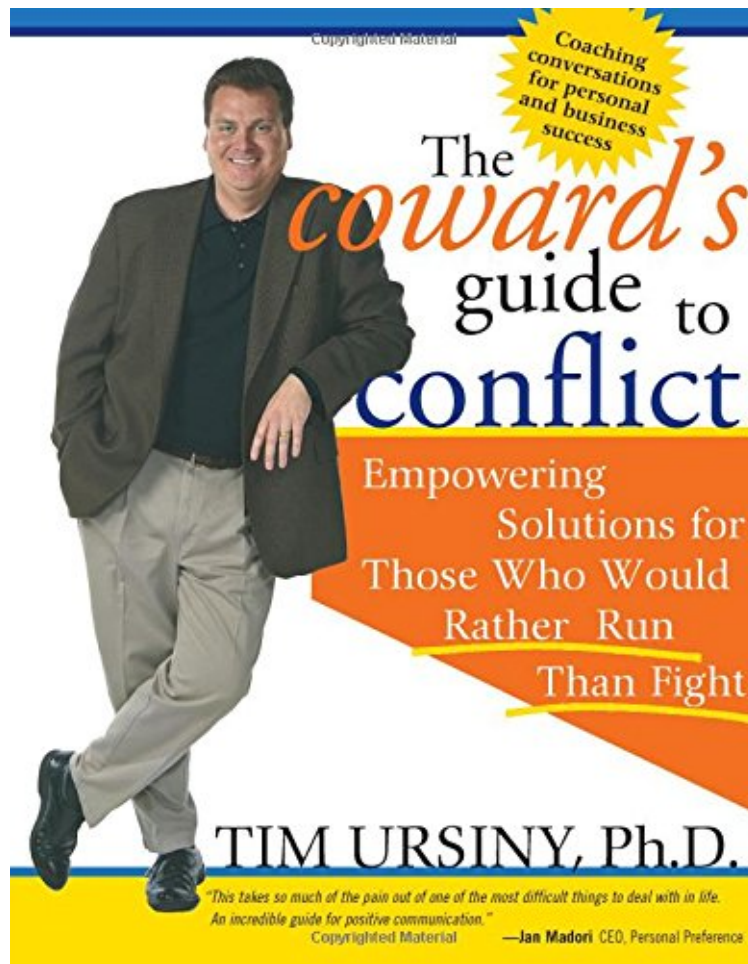


(Library ebook) The Coward's Guide to Conflict: Empowering Solutions for Those Who Would Rather Run Than Fight

The Coward's Guide to Conflict: Empowering Solutions for Those Who Would Rather Run Than Fight

Tim Ursiny

DOC | *audiobook | ebooks | Download PDF | ePub



 Download

 Read Online

#136566 in Books Sourcebooks 2003-03-01 2003-03-01Original language:EnglishPDF # 1 9.00 x .78 x 7.00, 1.28 #File Name: 1402200552304 pages | File size: 74.Mb

Tim Ursiny : The Coward's Guide to Conflict: Empowering Solutions for Those Who Would Rather Run Than Fight before purchasing it in order to gage whether or not it would be worth my time, and all praised The Coward's Guide to Conflict: Empowering Solutions for Those Who Would Rather Run Than Fight:

0 of 0 people found the following review helpful. Great tool for all conflicts!By Victorya RogersWe all have conflict in our lives--personal and professional. I know I fall into the "Coward" category because I just don't like conflict and want everyone to be happy. Ursiny gives us many tools to make facing those fears and problems head on with favorable results!0 of 0 people found the following review helpful. I love this bookBy Teresita BautistaI love this book!!! To be on a managerial position at work, I encounter conflicts between peers and subordinates. With this book, it greatly helps me cope or deal with the situation much better. I also apply the knowledge at home too.2 of 3 people

found the following review helpful. Some stuff works, others not. By Ranko Oknar I had problem with these statements: 'make sure that you are able to say "no" ' -well, that is not working for "cowards", it's too scary. 'Reacting is also likely to escalate the battle' -cowards and battle in the same sentence? I don't think so. 'just is..'also not working, to accept fear as just is, there is no magic switch, as author also told, for some people it will work. but you can't "just" go through it. it doesn't work. 'Look at the doctor stick the needle in your arm..'I get nausea, same as conflict, there are plethora of emotions you can't handle, they are out of control. Simply being there, witnessing it, doesn't help, it doesn't make it better. I'm sorry, it doesn't, this doesn't work. Other advices are ok but there is nothing I read before in some form or another. I like the part where he reminds us cowards, that submissive behavior will make bully powerful and use it to bully you more. There are many real world examples in this book - which I find boring - in any book, and my own real example, is that when you do face someone who is in charge and belittle you, you can't make it better, you feel scared and powerless no matter what advice. It helped to go back to that person and say you'll be leaving that person and reasons why. That did help tremendously, for now. Fear is still here. I guess what lacks is psychology of "cowards" themselves - being obsessive compulsive scared of making mistakes - that were lightly mentioned in the book, and those who are tired of it all and ready to get of the bus earlier, as S. Spacek said it in " 'night, mother".

Nobody likes conflict, but you can't avoid it. Top performers just like you face problems every day. If you know how to deal with conflict well, you can turn it into your biggest opportunity for success. The Top Performer's Guide to Conflict is your essential conflict handbook, giving you the tools you need to manage conflict and come out on top. Discover:--Why you must know how to handle conflict--How to recognize conflict before it happens--The best ways to deal with difficult people--How to build strength by overcoming problems--Secrets to impacting and leading others--Tools to guide you past conflict. Top performers face conflict head-on and come out on top. You are just a short read away from mastering this essential skill.

From Publishers Weekly Ursiny, a mediation coach and former practicing psychologist, readily admits that he's a "coward" when it comes to any kind of conflict. He believes that there are many people like himself who wince at the thought of having an argument or avoid confronting work colleagues. Everyone, regardless of their position at work, can learn to handle conflict more effectively. The benefits, according to Ursiny, are immense and include more self-confidence, less anger, greater self-respect and more intimacy. To help readers learn how to change the way they handle conflict, each chapter opens with a brief case study. The author then uses checklists and exercises designed to teach the reader new ways to handle conflict. Ursiny is clever and readers will recognize and immediately understand his hypothetical situations. For example, the author says that people avoid exercise by focusing on the "pain" of getting up early, taking time, or not being able to sleep later or do other things they enjoy more. The motivated person, on the other hand, focuses on how much better he or she will look and feel and the positive reinforcement that other people will provide. Particularly useful is the chapter on "Avoiding the Top Ten Mistakes Made When Dealing With People." Readers will identify with the irate man whose flight has been canceled. This is a wonderfully engaging book that should easily motivate readers to rethink their behavior and conversations both at work and at home. Copyright 2003 Reed Business Information, Inc. "If you are a coward like me, then this book could be perfect for you. I now appreciate the need for conflict, and I am getting even better at dealing with it." About the Author Timothy E. Ursiny, Ph.D., the founder of Advantage Coaching Training, is a success coach specializing in human behavior and achievement in life and in the workplace. He is an expert on communication skills and conflict resolution. Before becoming one of the leading personal and business coaches in the country, he was a psychologist in private practice for seven years. He lives with his family in Wheaton, Illinois.