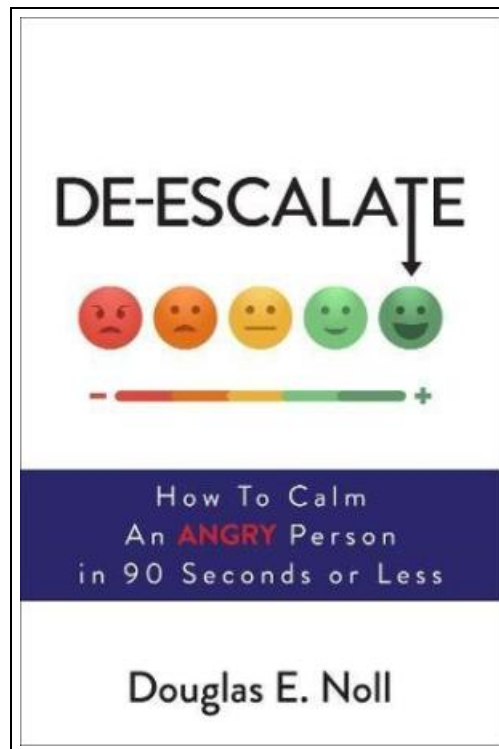


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(Perry Reinger)

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Beyond Words Publishing, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Discover how to successfully and efficiently calm an angry person or diffuse a volatile situation in ninety seconds or less with this proven and accessible peacekeeping method by self-described lawyer turned peacemaker Douglas E. Noll. We live in an increasingly divided world and most of us have encountered our fair share of aggressive people and difficult confrontations. Fortunately, we now have the tools to become peacemakers and transform emotionally volatile situations and hurt feelings to calm, non-aggressive ones. Tested on prison inmates, De-Escalate offers a new set of social listening and communication skills, based on the latest findings in neuroscience and meditation. Along with practical exercises and scenario-based examples, each chapter focuses on specific themes, such as dealing with emotionally charged teenagers and frustrated coworkers. Additionally, Noll shares practical tips on how to be civil in an uncivil society. With De-Escalate, we can bring peace to all facets of life, cultivate healthier relationships, and participate in creating a more caring and compassionate future for us all.



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