Inside Out: How Conflict Professionals Can Use Self-Reflection To Help Their Clients
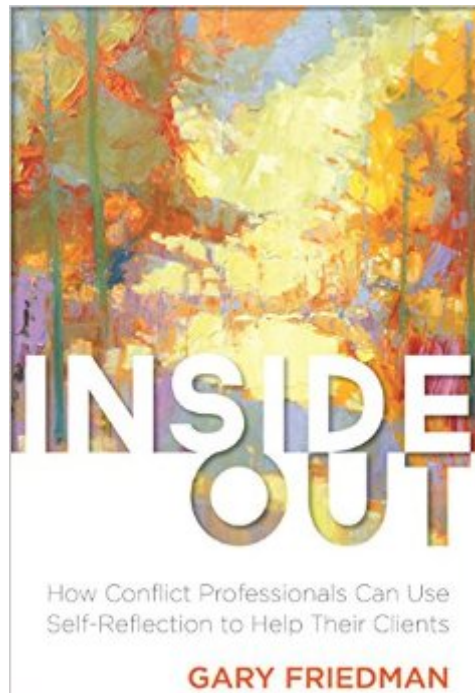

INSIDE OUT

How Conflict Professionals Can Use
Self-Reflection to Help Their Clients

GARY FRIEDMAN

Synopsis

This new and insightful book, is based on a program that author Gary Friedman, along with colleague Jack Himmelstein (a law professor and lawyer) and Norman Fischer (a Buddhist monk) has been teaching for the last 6 years. It entails conflict professionals to consider self-reflection, challenging typical conventions of conflict professionals by replacing them with a full and deep commitment to bringing all of one's self to serve others. It directs the reader to pay attention to emotional clues - to understand and communicate them. Essentiallyâ •acknowledging and using self-awareness. Working from the inside out. Whether you are a professional conflict resolver, litigator, mediator, or lawyerâ •this book is a must have resource to help increase clients' satisfaction.

Book Information

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Customer Reviews

This is an outstanding book. The lessons and guidance are applicable to all of us who work at navigating our way through crises, relationships and all matter of daily living situations. I have bought several copies to share with friends and colleagues.

Beautifully written and well reasoned skills-based research on finding presence in the workplace especially for conflict practitioners. Gary Friedman has done an amazing job in this book I highly recommend it to all conflict practitioners, lawyers, judges, and peace builders.

Involved in a book study with other lawyers

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