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For Immediate Release

The Anatomy of Peace **Resolving the Heart of Conflict** **By The Arbinger Institute**

Parents struggling with a child who's disobedient, disrespectful, or worse; a boss who demeans employees; co-workers who distrust one another; nations at war because of religious hatred -- according to The Arbinger Institute, all of these conflicts have the same root cause and all of them can be resolved, once people learn to break the chains of self-deception.

In The Arbinger Institute's new book, *The Anatomy of Peace: Resolving the Heart of Conflict*, lead authors Jim Ferrell and Duane Boyce examine the ways that people create more restrictive mindsets that block their ability to be truthful with themselves and effective with others. These mindsets cause people to justify their thoughts and actions by blaming others and seeing conflicts as someone else's fault -- as hostile situations in which they alone are right and others are wrong. The authors call this self-deception or self-betrayal. Unless this mindset is broken, people end up provoking the very problems they think they are trying to solve. Whether it's within the family, business, community, or on the world stage, conflicts escalate until they spin out of control.

But they don't have to. That is the message of *The Anatomy of Peace*. The problems that have gripped us for ages -- quickness to anger, grudges long held, turf battles in the workplace, ethnic mistrust -- there is a way to overcome them, because there is a precise method to undo the restrictive mindsets that both cause and perpetuate them.

Unlike other books that merely educate, *The Anatomy of Peace* brings the solution to life through a story that captures every reader. *The Anatomy of Peace* tells the tale of a group of adults who attend a two-day workshop to learn how to heal their relationships with their spouses and children and how to resolve conflict in all areas of their lives. Their mentors are a Palestinian and an Israeli who have overcome the conflicts that once divided them. As readers follow the story, they see how the characters resist change, how they justify their faulty patterns of thinking, and the process they go through to gain new self-awareness. Since each of the characters has a distinctly different personality, it's easy for the individual reader to find someone with whom to identify -- and thus begin the path to self-awareness that leads to a better understanding of others, conflict resolution, and a better life.

More...

For more than a decade, The Arbinger Institute has helped people apply the concepts in the book within families, workplaces, and communities as well as at the highest levels of government. The results have been astounding. Like the Institute's first book, *Leadership and Self-Deception*, which has sold over 400,000 copies, *The Anatomy of Peace* is destined to become the foundation for a new way of communication – one in which people are able to remain open to their own roles in conflicts and to genuinely listen to each other and work together toward common goals. As Mike Bundrant, publisher of Healthy Times Newspaper says, after reading *The Anatomy of Peace*, "be prepared to be at once challenged, moved, and called forth to become the person you know you should be."

"Phenomenal. . . compelling. . . vivid. . . poignant. This is a book that every manager, teacher, advisor, and parent should read and apply."

—Steve C. Wheelwright, Professor and Associate Dean at Harvard Business School

"The Anatomy of Peace, a truly inspirational book, could change the face of humanity. The world would be a dramatically better place if even a few of us would be guided by its powerful ideas."

—Marion Blumenthal Lazan, Holocaust Survivor, Co-author, Four Perfect Pebbles

"The Anatomy of Peace is one of those rare works that somehow finds its way into the heart. Before you know it, you will be emotionally invested in the same process as the characters in this story. Be prepared to be at once challenged, moved, and called forth to become the person you know you should be."

—Mike Bundrant, Publisher, Healthy Times Newspaper

Jim Ferrell, J.D., is Managing Director of Global, Family, and Community Services for The Arbinger Institute. Mr. Ferrell has degrees in economics and philosophy and is a graduate of Yale Law School, where he first began writing about the ideas central to Arbinger. He is a member of the California Bar where he practiced law with a major international firm. He joined Arbinger as a managing director in 1996. Mr. Ferrell is a best-selling author and an award-winning inventor whose work has been featured in publications around the world. He is a sought-after speaker and teacher who has taught and consulted around Arbinger's ideas with leaders of corporations, governments, and organizations of all kinds throughout the world.

Duane Boyce, Ph.D., is Managing Director of Corporate Services for The Arbinger Institute. Trained in psychology and the clinical treatment of families, Dr. Boyce conducted his postdoctoral study in developmental psychology at Harvard University. During this time Dr. Boyce published professionally, including co-authoring an academic book on the psychology of moral reasoning. Prior to joining Arbinger as a managing director, Dr. Boyce served for a decade as vice president of a highly successful firm in the steel industry, where his responsibilities included human resources, quality, sales, and communications. He is a sought-after speaker, teacher, and advisor for corporate leaders in many industries.

More...

The Arbinger Institute (www.arbinger.com) is a worldwide institute that helps organizations, families, individuals, and communities to solve the problems of not knowing, and resisting the possibility, that one has a problem. Arbinger offers public courses, consulting and coaching services, and tailored organizational interventions (including train-the-trainer options). Arbinger's clients range from individuals who are seeking help in their lives to many of the largest companies and governmental institutions in the world.

The Anatomy of Peace: Resolving the Heart of Conflict

By The Arbinger Institute

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