



everything  
is workable

A Zen Approach to Conflict Resolution

Diane Musho Hamilton

"Wonderfully engaging, perceptive, and wise."

—William L. Ury, coauthor of *Getting to Yes*

# Everything Is Workable: A Zen Approach to Conflict Resolution

1. Conflict Is Good News
2. Inner Peace, Outer Peace
3. Intention: The True North
4. Attention and Awareness
5. Scary, yet Exciting
6. Three Conflict Styles
7. The Marvel of Multiple Perspectives
8. Three Perspectives, Three Truths
9. Speak for Yourself: The Importance of the First-Person Perspective
10. Listening: The Art of Second Person
11. Witnessing: Through the Lens of Third Person
12. Everything and Nothing
13. Negotiation
14. Conflict and Creativity
15. Reframing: The Power of Interpretation
16. Giving and Receiving Feedback
17. The Shadow in Conflict
18. Evolving Worldviews
19. The Compassionate Heart
20. Expanding the Heart
21. Great Rivalry, Great Intimacy
22. Endless Practice



Diane Musho Hamilton  
[www.dianemushohamilton.com](http://www.dianemushohamilton.com)



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