



# **The Power of Humility: Choosing Peace over Conflict in Relationships**

*Charles Whitfield, Barbara Whitfield, Russell Park, Jeneane Prevett*

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"The Power of Humility is a remarkable book that presents profound tools for changing your life in simple, practical steps. . . . It will help us see the solutions that were there all the time, hidden from view by our own habits."

**-Bruce Greyson, M.D., Professor of Psychiatry, University of Virginia School of Medicine**

- Do you shy away from conflict?
- Do you tend to over- or under-react during disagreements?
- Is it difficult for you to rise above a painful problem in a relationship?

If so, you're not alone. We all experience conflict on a daily basis, whether it's with another person like a coworker or boss, or in a "triangle" with two other people such as in a family relationship. Dealing with strife isn't easy because most of us don't clearly understand one of the most critical yet overlooked skills to successful relationships: humility - and how to best express it.

From four of America's top experts on emotional healing, spirituality and recovery, comes a new approach to solving the conflicts that cause us both physical and emotional stress. Bestselling author Charles Whitfield and three leading experts explain that having humility doesn't mean being a doormat or turning the other cheek - it's about being authentic, open and understanding.

Using case studies, cutting-edge clinical research and compelling narrative, they show you how to harness the power of humility in your own life—at home, at work and in your community. By doing so, you will be able to speak your mind, get things accomplished more harmoniously and feel more satisfied with yourself and your relationships.

Let The Power of Humility show you how to have peace in your life.



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