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Beyond Blame: A New Way of Resolving Conflicts in Relationships

Jeffrey A. Kottler

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Focuses on the only party in a conflict that we have any control over: ourselves Conflict is an interactive process--you cannot look at a person who makes life difficult for you without also looking at yourself. While blaming others may lead to short-term relief, it often escalates conflicts and produces long-term damage. And with conflict we must first understand the problem and then take responsibility by changing our own roles. Beyond Blame presents specific advice on conflicts in love, conflicts at work, and what to do when conflicts cannot be resolved.

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