



Hot Buttons: How To Resolve Conflict and Cool Everyone Down

Sybil Evans, Sherry Suib Cohen

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From road rage to confrontations in the supermarket line, we live in sensitive times, and it takes almost nothing to light someone's fuse. Whether you're feeling manipulated or bullied, learn how to resolve conflict in yourself and with others using the techniques found in *Hot Buttons*.

Sybil Evans, "The Conflict Coach," helps you recognize what pushes your hot buttons and how you can turn them off -- without alienating people or pressing their buttons. You'll learn that conflict can be energizing, inspiring, and even sexy, if you know how to harness it.

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