

Conflict Communication (ConCom): A New Paradigm in Conscious Communication

Rory Miller

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FINALIST? SOCIAL CHANGE? USA Best Books Award 2015

Your reactions to conflict are subconscious, scripted, and for the good of the group.

Conflict happens everywhere: at work, with friends and family, among strangers, and certainly in violence. Why did your boss ignore a suggestion that could save millions of dollars? Why do you have the same argument again and again with your spouse? When someone insults you, why do you get angry? Why do bad guys beat up the weak?

You have three brains.

- Lizard brain (survival)
- Monkey brain (emotion / social status)
- Human brain (reason)

Each "brain" has a different priority and evolved to deal with different kinds of conflict. They work using different scripts and have a very clear seniority system.

Conflict Communication (ConCom) presents a functional taxonomy to see, understand, and manipulate the roots of life's conflicts. You will have the background, the principles, and a collection of tricks to manage and ideally avoid dangerous conflicts.

No going back. After reading this book, you can never go back. Even if you reject everything in the program, even if you refuse to admit how often your monkey brain has controlled your life, escalations toward conflict will never again be invisible to you.

As the fortune cookie says, "Your life is about to change."



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