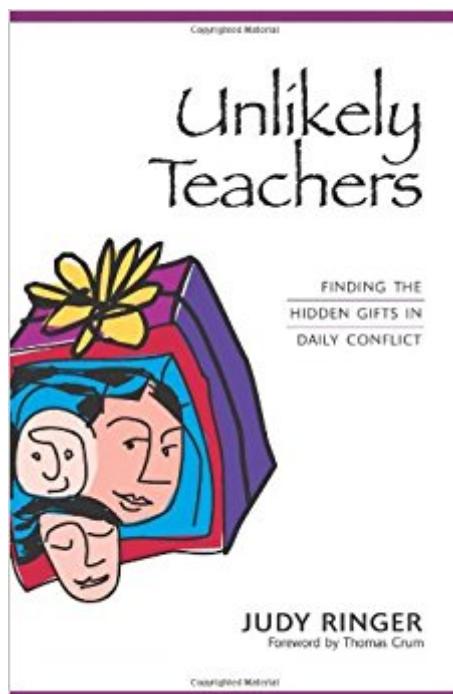


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# Unlikely Teachers: Finding The Hidden Gifts In Daily Conflict



## **Synopsis**

Conflict surrounds us and, at times, consumes us. More than ever, we need to find ways to resolve conflict and communicate effectively. *Unlikely Teachers: Finding the Hidden Gifts in Daily Conflict* is a collection of inspirational stories, practices, and reflections on conflict, communication, and relationship. It teaches us how to turn life's challenges into life teachers. The book includes a foreword by Thomas Crum, author of *The Magic of Conflict*, *Journey to Center*, and *Three Deep Breaths*. In her workshops and writing, Ms. Ringer employs the martial art aikido as a metaphor and teaching tool. Aikido views the attack as a gift of energy. *Unlikely Teachers* applies the aikido metaphor to non-physical conflict—"what we might call life's "attacks"—such as arguments, everyday hassles, and the more serious problems we all face at some point in our lives. By changing the way we think about what happens to us, we move from reaction to response, become more curious and engaged, and learn that we have more power than we think.

## **Book Information**

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## **Customer Reviews**

Reviewed by Nina Larson for Reader Views (8/06) As a self improvement book I rate "Unlikely Teachers: Finding the Gifts in Daily Conflict" by Judy Ringer, 3 stars. However, as a book inspiring interest in Aikido, it goes to 4 stars. "Unlikely Teachers" draws from Judy Ringer's time spent in a dojo learning and teaching Aikido. She uses these lessons as a speaker and seminar leader. I believe this book grew out of those inspirational and training seminars. As such, the book is very organized and each chapter and subchapter is self contained, yet connected to the next. Logical and yet while reading "Unlikely Teachers," I never lost that vision of teacher/ speaker in front of me.

This "speaker" vision persisted, even during the Aikido stories that ground each chapter and subchapter and their lesson. However, while I found the stories fascinating, the lessons are basic conflict resolution skills. So, her lessons are very helpful to someone new to conflict resolution, but a reminder otherwise. And while a reminder of the basics, starting with BREATH, is always useful, it doesn't inspire to read & re-read. She did attach those basic tenants to real life and dojo situations, and the pictures she drew were strong and humorous enough I that can still remember some of them a week later with a smile. I also liked quotes she included. Thanks to those quotes and the resource section in the back, I now have a couple more book titles to investigate. All in all though, this is a good starter book and a great inspiration to investigate Aikido. I highly recommend this book to people new to conflict resolution or very experienced in conflict. I also recommend this book to students of any martial arts discipline.

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