



The Blessings in Conflict

Betsy Strauss

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When you come across moments of discord, when you find yourself in an argument or some other type of conflict, you can choose to be curious, see what connects you rather than separates you, and open your heart to the blessings that can be found in the midst of conflict. But that takes practice. Spiritual practice.

In *The Blessings in Conflict*, you'll find spiritual tools and practices based on some of the most conflict-filled books in history—namely, the first five books of the Old Testament, and the rabbinic arguments of the Talmud. With the assistance of these ancient texts, you'll find out when to live with conflict, and when to resolve it, with important lessons on living mindfully and creating space for yourself and others.

Based primarily on the teachings of Judaism, this spiritual guide is divided into four main cornerstones—inspiring readers of all ages and spiritual backgrounds as they discover the blessings of conflict and learn to walk a path of peace.

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