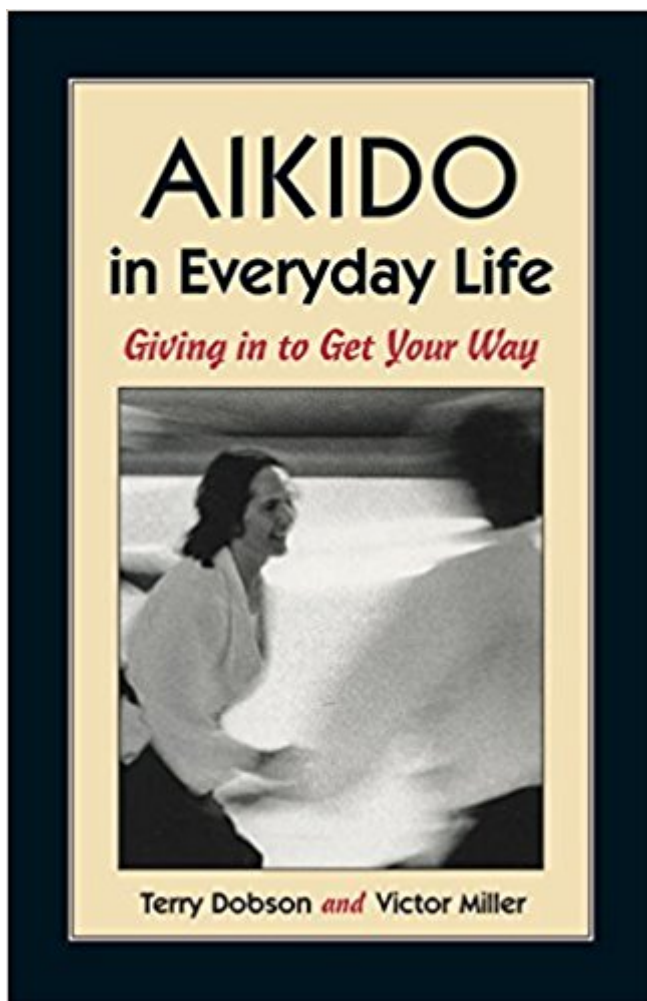


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# Aikido In Everyday Life: Giving In To Get Your Way



## Synopsis

Conflict is an unavoidable aspect of living. The late renowned aikido master Terry Dobson, together with Victor Miller, present aikido as a basis for conflict resolution. "Attack-tics" is a system of conflict resolution based on the principles of aikido, the non-violent martial art Morihei Ueshiba created after World War II. Not all conflicts are contests, say Dobson and Miller, and not all conflicts are equally threatening.

## Book Information

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## Customer Reviews

"...a convincing and useful set of metaphors for understanding the geometry of conflict...studded with radical, sensible ideas."- Marilyn Ferguson "The Aikido student and master Terry Dobson...has taught so many of us the goodness possible inside the warrior."- Robert Bly

Terry Dobson studied in Japan for ten years with the founder of aikido, Morihei Ueshiba. Before his death in late 1992, he had taught aikido for twenty-five years and brought its principles to conflict management and personal growth seminars in education, mediation and business. Victor Miller is a television and film writer living in Milford, Connecticut. He wrote the original script for Friday the 13th and writes for television daytime drama series.

The diagrams showing the six ways to handle a conflict totally work for me. The attacker is always a triangle pointing right at you. You can assume many shapes. A triangle also when you choose to fight back. A triangle facing away from the attacking triangle: when you choose to withdraw. A circle

when you choose to parlay (talk it out). A shady circle when you choose to deceive. A square when you choose to do nothing. That's only five... and the book shows you when to choose which, the best way to do each of the five and overall, the root cause of conflict and how to end it. The sixth technique is brilliant. You agree with the attacker. They call it Aiki and it is a spotted circle. And it is amazingly effective. Easy read, fun and educational.

I've used this book both personally and professionally in both a hospital and a university counseling environment ever since the book first came out in hardback back in the 70's. Granting some of the complaints of previous reviewers, the examples Dobson gives are now a bit out of date (Dobson cannot update them; he died a few years ago), but I have yet to have a college student fail to make his or her own update with little problem. Contrary to some of the negative reviewers' comments, I personally have found the book extremely useful, and so have the majority of the people I have introduced the book to over the years. I've especially had a number of university students tell me the book was very useful in helping them deal with their problematic professors, parents, girlfriends or boyfriends. Possibly some of the negative reviewers were hampered by the fact that they were reading the book all by themselves, without any counseling assistance or prior aikido training to help them fully orient to the concepts presented in the text. Without a doubt, the "geometry of conflict" theory presented in the book is sometimes quite arcane to the uninitiated. Nonetheless, the writing style is friendly, conversational and-- I find-- entertaining. As a supplement to Dobson, I also recommend people read "When I Say No, I Feel Guilty" by Manuel Smith-- the original assertiveness training book. With a little creative thought and persistent practice, the techniques in both of these books are extremely useful. Not magic, not a quick fix, but the techniques work if you work at them.

Great book on verbal skills. If you struggle being heard or not being able to get what you want in situations, here is an excellent guide on developing excellent communication skills. Learn the dance of conversation, a lost art that can really infuse a new life changing skill in your life. Explained simply in an easy to read style with diagrams. No longer fear confrontations! Be confident with your speech and know what is going on behind people's speech.

Wow! What a great book on effective communication. Nice & short & simple, with very easy to understand principles. I know others reviewers have said some of the examples are outdated, I have to disagree as human behaviours and interests can be a bit timeless. The book has been around for

a long time, I've read a fair few books on communication and empathy that have been published after this one. I'd rate this one as classic & well worth the investment.

I read it years ago and found that the approach is even more useful today

My Husband was super thrilled to receive this book on his birthday. The condition of the book was excellent and he is excited to read it.

I love this book. I buy copies and give them away as presents. Beautifully written. Very simple and effective techniques that I have been using for 15 years now.

This book is not a Martial Arts book, its about Dealing with Everyday Conflict. This book should be taught to every child in Primary school, and if you are an adult, reading it will seriously help you with everyday conflict. I don't mean you will be able to one-up others in conflict, but you will be able to manage yourself so much better, I've already seen an improvement in my own life.

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