



# Embrace Happiness: The Art of Conflict Management

*Ali Soleymaniha*

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## **Embrace Happiness: The Art of Conflict Management** Ali Soleymaniha

It is your eternal responsibility to be successful and live happily; life is yours to enjoy. In *Embrace Happiness*, author Ali Soleymaniha provides a path to discover the Dao of life—the way toward happiness, success, and high achievement in both one's personal life and business. Soleymaniha offers a theory that blends the philosophy of Dao with modern conflict management concepts. He explores what conflict is, what causes it, how people tend to react to conflict, and how you can manage it. He focuses specifically on the conflict management process, guiding you down a straightforward path that requires neither incredible tasks nor solitary contemplation, only practice. *Embrace Happiness* communicates the importance of practicing and living the way of nature: the Dao of life. It maintains that happiness is neither a target nor a destination; it is "the way" we are marching on. Soleymaniha teaches that knowledge and awareness will start small, but can grow extensively—like a spiral moving upward and outward, glowing brighter at each step on the way to fulfillment.

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