# Conflict Management and Communication books

**Developing Your Conflict Competence: A Hands On Guide for Leaders, Managers, Facilitators and Teams**

By Tim A Flanagan

**Becoming a Conflict Competent Leader: How You and Your Organization can Manage Conflict Effectively**

By Tim A Flanagan

**Building Conflict Competent Teams**

By Craig Rund and Tim A Flanagan

**Getting to Yes: How to Negotiate Agreement without Giving In**

By Roger Fisher, William Ury and Bruce Patton

**Getting Past No: Negotiating in Difficult Situations**

By William Ury

# Anxiety, Depression, and other Mental Health books

**The Worry Trick: How Our Brain Tricks You into Expecting the Worst and What You Can Do About It**

By David Carbonell

**The Happiness Trap: How to Stop Struggling and Start Living**

Second edition

By Russ Harris

**Get Out of Your Mind and Into Your Life: the New Acceptance and Commitment Therapy**

By Steven C Hayes

**The Worry Trap: How to Free Yourself from Worry and Anxiety Using Acceptance and Commitment** Therapy

By Chad Lejune

**The Power of Character Strengths: Appreciate your Positive Personality**

By Ryan N Neimack

# Others

**What Color is Your Parachute: Your Guide to a Lifetime of Meaningful Work and Career Success**

By Richard Bolles

**The Prepared Leader: Emerge from Any Crisis More Resilient than Before**

By Erika James

**The Conflict Paradox**