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You and I have heard a lot of **MISCONCEPTIONS** about conflict.

Most conflicts are part fiction, part distortion. Yet we all face the internal strain of difficult **HUMAN INTERACTIONS**:

Disagreements.
Personality clashes.
Power struggles.
TRUST ISSUES.

How people define conflict make a difference in how they deal with it. It flows from narrowly defined goals often ignoring the **REAL ISSUES** between parties.

In **red** you learn how to better manage disputes and misunderstandings and to increase relationship satisfaction,

but also to avoid the escalation of those fights ending in tears, broken plates, and a night on the most **UNCOMFORTABLE COUCH EVER.**