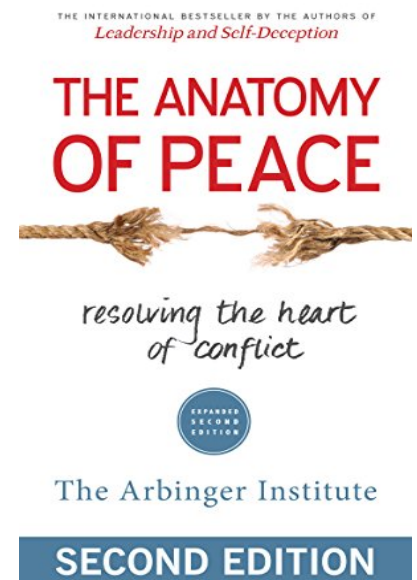


The Anatomy of Peace Book Summary (PDF) by The Arbinger Institute

Ready to learn the most important takeaways from The Anatomy of Peace in less than two minutes? Keep reading!



Why This Book Matters:

The Anatomy of Peace teaches readers to understand the emotions in their hearts and how their viewpoint affects their relationships.

The Big Takeaways:

1. **You choose to look at the world with calmness or chaos.**
 1. If You have the choice of showing others kindness or coldness every time you act.
2. **Rejecting the way others think about things causes issues in our lives.**
 1. We often act in ways even we disagree with because we refuse to see the other's point of view.
3. **You cannot try to change people, but you can change the things around you.**

1. Everyone has a motivation behind their words and their actions that you should try to understand.
4. **We often tell ourselves it's okay to act a certain way because we have defined ourselves.**
 1. We make excuses for our bad behavior because we have typecasted ourselves.
5. **Our viewpoint is the only thing we can control.**
 1. We must lead with kindness in our hearts to have healthy relationships and fulfilling lives.

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2. **Buy The Book on Amazon**

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