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Nota di contenuto	Front matter -- Contents -- Detailed Table of Contents -- Acknowledgments -- Preface -- PART I. Introductory Essay -- Chapter 1: Contemporary Conflict Resolution: An Overview of the Field and the Core Components of its Educational Programs -- PART II. Foundational Values and Concepts -- Chapter 2: Pursuing Peace and Refraining from Destructive Conflict -- Chapter 3: Rabbinic Perspectives on Constructive Conflict: A "Dispute for the Sake of Heaven" -- PART III. Foundational Commandments And Laws -- Chapter 4: Basic Interpersonal Obligations and Prohibitions -- PART IV. Basic Commandments and Laws of Interpersonal Conflict Resolution -- Chapter 5: Judging People Favorably: Countering Negative Judgmental

[Biases](#) -- Chapter 6: Tokhahah: Judaism's Basic Approach to Resolving Interpersonal Conflict through Dialogue -- Chapter 7: Retaliation and Resentment: Not Taking Revenge and Not Bearing a Grudge -- Chapter 8: Apologies: The Asking and Granting of Forgiveness -- PART V. The Affective Component-Anger Management -- Chapter 9: Jewish Anger Management -- Conclusion -- Glossary -- Bibliography -- Index

Sommario/riassunto

Fundamentals of Jewish Conflict Resolution offers an in-depth presentation of traditional Jewish approaches to interpersonal conflict resolution. It examines the underlying principles, prescriptive rules, and guidelines that are found in the Jewish tradition for the prevention, amelioration, and resolution of interpersonal conflicts, without the assistance of any type of third-party intermediary. Among the topics discussed are the obligations of pursuing peace and refraining from destructive conflict, Rabbinic perspectives on what constitutes constructive/destructive conflict, judging people favorably and countering negative judgmental biases, resolving conflict through dialogue, asking and granting forgiveness, and anger management. This work also includes detailed summaries of contemporary approaches to interpersonal conflict resolution, theories and research on apologies and forgiveness, and methods of anger management.
