



Everybody Wins: The Chapman Guide to Solving Conflicts without Arguing (Chapman Guides)

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Every couple has disagreements. All too often, though, when we engage in arguments, our goal is not to resolve the conflict at hand, but rather, to win the fight. Unfortunately, when you win an argument, your spouse is the loser, and nobody wants to be or live with a loser. When you resolve a conflict, your spouse becomes your friend. Good marriages are based on friendship, not on winning arguments. Now, Gary Chapman provides couples with a simple blueprint for achieving win-win solutions to everyday conflicts and disagreements. By learning how to listen empathetically, respecting each other's ideas and feelings, and understanding why particular issues are so important to their spouse, couples can find solutions that result not only in resolving the conflict at hand, but also leave both partners feeling loved, listened to, and appreciated.

Everybody Wins: The Chapman Guide to Solving Conflicts without Arguing (Chapman Guides) Details

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From Reader Review Everybody Wins: The Chapman Guide to Solving Conflicts without Arguing (Chapman Guides) for online ebook

Lisa says

Great book on solving conflict in marriage.

Lindsay says

This was a good book to listen to about ways to communicate when there is a disagreement with your significant other.

Sheilaandrick says

This was a really easy read, and gives a really good way of looking at resolving conflict.

Erik Garcia Perez says

Eye opening!!!!

So many things learned that need to be read once more and put in practice every lesson on a day by day basis. Totally worth it.

Tiberiu Condulescu says

Small and insightful enough to read on a plane trip from Budapest to Rome and back (or listen to it). The only thing I was sorry about, was starting to read the book so late. It's a perfect summary of Chapman's 5 love languages and a perfect introduction into the topic. Recommend to everyone in and out of a relationship. We take so much for granted and are so deaf to loved ones... this is a game changer.

Charmin says

Highlights:

1. When you win an argument, your spouse is the loser.
2. Give your spouse the freedom to think and feel differently. Express respect for other person's ideas.
3. When husbands and wives understand what their spouses are saying, why an issue is so important to them,

how strongly they feel about it, and the emotions that accompany their desires, only then can they have intelligent and loving responses.

4. Arguments accomplish destruction.

5. Finding a winning solution begins by choosing to believe that such a solution is possible and that you and your spouse are smart enough to discover.

6. Winning Attitudes: respect spouse's ideas, even if you disagree; Love spouse and do everything you can do help him today; Believe that spouse is my teammate.

7. The goal of a good marriage is for a couple to learn how to work together as a team, utilizing differences to make life better for both spouses.

8. Seek in learning how to make our differences into assets rather than liabilities.

9. Arguments never resolve conflicts, then intensify them.

10. "What I hear you saying is _____. Is that correct?"; "Why is _____ so important to you?"

Chianna says

[audible]

Great book...not married but I think the concepts can be applied to any relationship...

I've always liked Gary Chapman, and this book was as good as the love language one.

It's not rocket science, but it isn't the default either - I will revisit this one frequently!

Rob says

I listened to the audio version of this book.

It is a short listen with some good practical examples and principles. I think the principles here are good starters for conflict resolution. There is some parallel (though from a different perspective) between this and "Anger...powerful emotion".

Both are good but I think many situations in this book quickly cross over into the Anger book making both of them important resources.

I am struck by his clear articulation of where we have problems. Some of the biggest problems are a result of not having proper examples as we mature. Understanding the root cause is only the beginning of recovery and these techniques will take much practice (lifelong practice) to become Christ-like.

Mel Haynie says

Very useful and a quick read.

recommend for anyone who is interested in getting out of the "courthouse" and on to real solutions. I would even recommend this to help with interacting with children and teenagers.

Mai Mazoku says

Great book. It's extremely thin, but says crucial things on how to act during a conflict. Highly recommend not only for married couples, even for singles it's definitely useful.

Samuel Thrasher says

The conflict resolution skills set forth in this book are wonderfully useful. I know I personally gained a deeper understanding of why listening is so important and the necessity to end conflicts effectively, and necessarily quickly. The points in the book where Chapman chooses to recount dialogue are incredibly hokey, and honestly greatly affected my enjoyment of the book. Overall, it's a good, quick read with a couple of flaws.

Sandie says

This is the 4 th book that I've read by Gary Chapman. The first was the 5 Love Languages, and the other 3 are the Marriage Saver series. In each of the marriage saver books he takes from the 5 love languages and expands on it in each area. I don't know of a married couple who doesn't need to read this book. It's well written, easy to follow, and builds a connection with your spouse through conflict. After I finished this book in Scribd, I ordered it so that I can read it with my husband.

Mary Lou says

The most helpful insight in Gary Chapman's book, Everybody Wins, is his distinction between arguing and conflict resolution. The book is framed in the context of marriage relationship but the principles are applicable in any relationship. Since conflict is part of life, his approach to conflict resolution can be what saves many marriage and relationships from inevitable disintegration.

Deborah Day says

This a wonderfully clear and simple book that can help teach couples how to reduce arguments and increase productive discussions. Practice all listening tools that anyone can do if they are willing. A quick read loaded with great information.

Melissa Andrews says

I have to facilitate a discussion on conflict resolution for a group I'm a part of (have no idea why as that is definitely not my background or area of expertise). Anyway, I needed to quickly find some stuff to talk about and came across this book. It does a great job, in only 100 pages or so, of laying out reasons why we argue,

why arguing without resolution is unhealthy for marriages, and provides a plan for dealing with conflict. It echoes some of the other information I've found as I've been frantically attempting to pack my brain with enough details to speak 'knowledgeably' about this topic. Solutions/steps Mr. Chapman mentions like empathetic listening, re-stating what you've heard until the other person agrees that you have understood his/her viewpoint, asking clarifying questions and so on all seem to be common 'you need to do these things if you really want to resolve conflicts' across the information I've been reading.

I really liked the idea of rating an issue - on a scale of 1-10, how important is this issue to you. I think that can help you/your spouse see whether you are truly passionate about something or whether you really could just let it go. He also doesn't insist that every conflict has to be resolved through compromise - though that is presented as one of the resolution methods. (I liked his suggestion of calling it "meeting in the middle" as opposed to compromising, so that you focus on what you've gained, as opposed to what you had to give up something.)

I think every marriage can benefit from the ideas presented in this book - I know I'm planning to put them into practice in mine. Also, although the book is Christian-based (and I am as well), that doesn't detract from it at all. I think the ideas presented would work well for Christians and non-Christians, as the solutions presented don't require that one be a Christian to implement them.
