



# Break Your Addiction to Conflict: 12 Tools To Quiet the Mind

*Mr. Nathan J. Snow*

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Most people today are addicted to conflict, needlessly clinging to mental struggle out of habit and familiarity. Although a necessary part of life at times, conflict is an inviting force that we all too often overindulge, like coffee, alcohol, or sex. Becoming aware of your gravitation toward conflict helps you break free of old patterns of behavior and allows you to inhabit a new sense of peace and gratitude.

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