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**February 21st 2013: Addiction to Conflict**

"Conflict is also a necessary part of life. Through conflict we find great catharsis. We have wonderful epiphanies through head butting and debates at work; we find new realities in our marriages through a clash of differences. But like many other indulgences in life, we are prone to over consume," writes Nathan Snow in his book Break Your Addiction to Conflict. Snow will discuss how we can free ourselves from the tempting orbit of conflict and learn to quiet our mind. Acknowledging that some conflict is healthy and necessary for personal growth, he will discuss how to handle the "overload of

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**Featured Guest**

Guest Image

**Nathan J. Snow**

Nathan J. Snow is a successful west coast entertainment executive and committed spiritual traveler who has been meditating and exploring transformational practices for over 15 years. He is the author of Breaking the Addiction to Conflict: 12 Tools to Quiet the Mind.

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