



Winning from Within: A Breakthrough Method for Leading, Living, and Lasting Change

Erica Ariel Fox

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Winning from Within by leadership and negotiation expert Erica Ariel Fox presents a contemporary approach for getting more of what you want, improving relationships, and enjoying life's deeper rewards.

With principles developed while teaching negotiation at Harvard Law School and coaching executives around the world, Fox provides a map for understanding your inner world and a method for sorting yourself out.

Fox uses insights from Western psychology and Eastern philosophy to resolve the gap between what people know they should say and what they actually do. She explains how to master your "inner negotiators," whether working with a difficult client, struggling with a stubborn spouse, or developing your highest leadership potential.

With a Foreword by William Ury, coauthor of the classic bestseller *Getting to Yes*, *Winning from Within: A Breakthrough Method for Leading, Living, and Lasting Change* is your guide to greatness.

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