



# Fight Flight Flow

*Vince Salvatore*

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## **Fight Flight Flow** Vince Salvatore

Fight Flight Flow is a practical, step-by-step philosophy for reducing conflict in your life, promoting inner harmony and achieving peace with yourself and others. We all face conflict. We all have challenges to overcome at all stages of our lives-in school, at work, and within our families. Being in a state of flow allows you to respond to major conflicts and minor annoyances with grace, emotional eloquence and balance, helping you achieve inner peace and outer success. Through stories, real-life examples and practical assignments, Fight Flight Flow will guide you on a journey of self-discovery and reflection, helping you move beyond states of opposition into the flow of life.

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