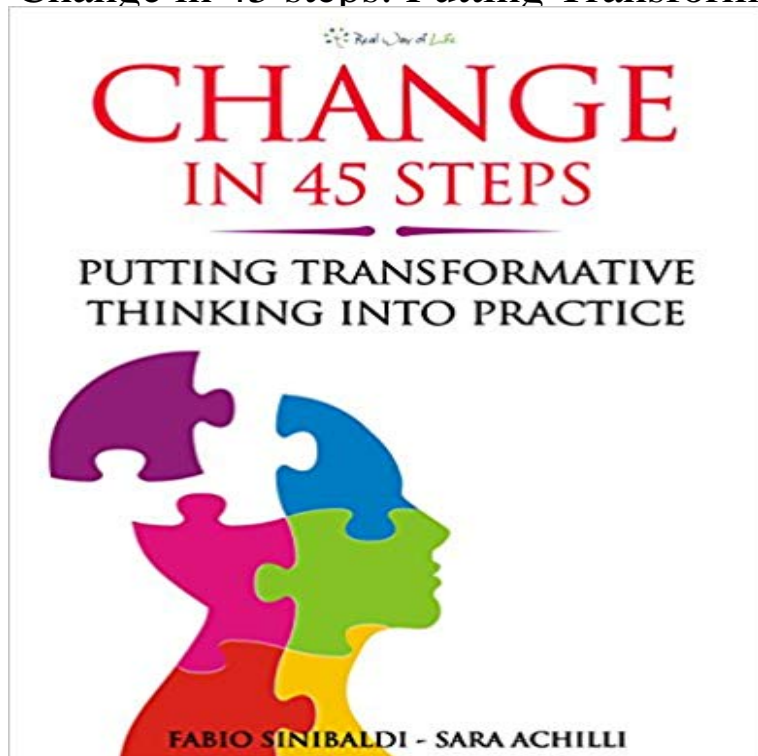


Change in 45 steps: Putting Transformative Thinking into Practice



Thought is the richest and most complex tool available to man. This book analyzes its characteristics and potential from a perspective that integrates the study of the mind, the most recent discoveries of PNEI and Neuroscience, along with an evolutionary and ethological perspective. The text highlights the power of Transformational Thinking according to its three pillars: Productivity (i.e. doing without suffering what is useful or satisfying for us), Creativity (i.e. mans generative potential to think and produce something new), and Freedom (to choose without constraints imposed from outside or inside). It is a slender book, practical and operational, which offers a working method and 45 ideas (plus 7 bonus ones) to work on day by day, in order to go from thinking a good idea to putting it into practice and changing. It is a method and offers contents that can thus be used as they are presented, or integrated into different practices and approaches for change. This book offers an integrative approach for understanding the complexities of our minds inner workings and a simple but powerful step-by-step practice to facilitate change. It is an excellent guide for all trainee and beginning practitioners and an interesting resource for experienced practitioners, irrespective of theoretical orientation.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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