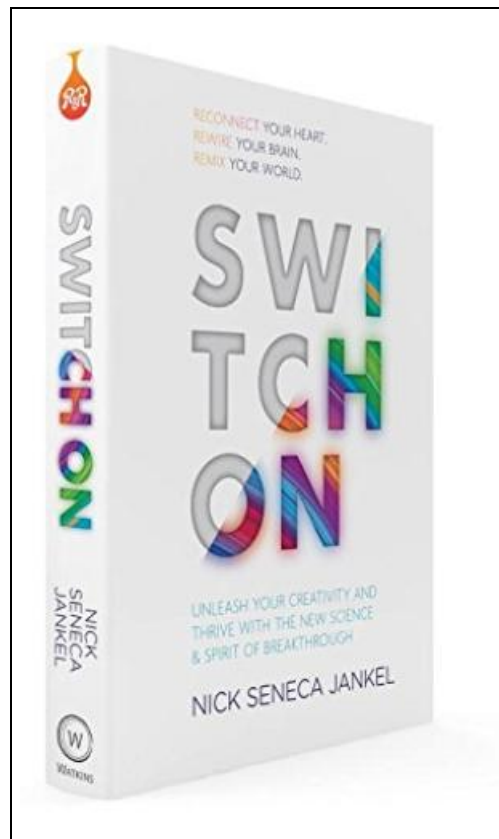


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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Switch on: Unleash Your Creativity and Thrive with the New Science & Spirit of Breakthrough, Nick Seneca Jankel, Switch On presents a brilliant new process for unleashing limitless creativity, enabling you to break through any issue and transform any emotion, whether you feel 'stuck' at work or in relationships; or are dealing with a major life crisis or business challenge. Exploring the emerging field of 'Breakthrough Biodynamics' - an unprecedented integration of the latest neuroscience and consciousness research with priceless teachings from the great wisdom traditions - this groundbreaking book offers both a life philosophy - how to use creativity to thrive as individuals (no matter what life throws at us); and an explicit call to connect personal growth with social change, so that our world flourishes too. At the heart of the text is the Breakthrough Curve, a 10-stage process for optimising creativity to break through anything and then sustain the shift long-term, even in the face of old habits and mindsets. Along the Curve, we ride through (1) Problems, (2) Patterns, (3) Pain, (4) Presence, (5) Peace, (6) Purpose, (7) Possibility, (8) Power, (9) Play and (10) Proactivity. And during the journey, the surprising truth about creativity is revealed; as well as how to use it to banish stress, master moods, rewrite limiting beliefs, develop mindfulness, decipher complex emotions, heal emotional pain, find our purpose, come up with big ideas, make them happen, boost confidence and empowerment, and unlock the secrets of enlightenment. Innovation expert, wisdom teacher and Cambridge-educated philosopher and medic, Nick Seneca Jankel provides the reader with a powerful set of tools that have been used by tens of thousands of everyday people and entrepreneurs across the world, taught to organisations like Intel, Nike and Oxfam, and featured...



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