



Switch on: Unleash Your Creativity and Thrive with the New Science & Spirit of Breakthrough

By Nick Seneca Jankel

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 for 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...



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Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

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Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**