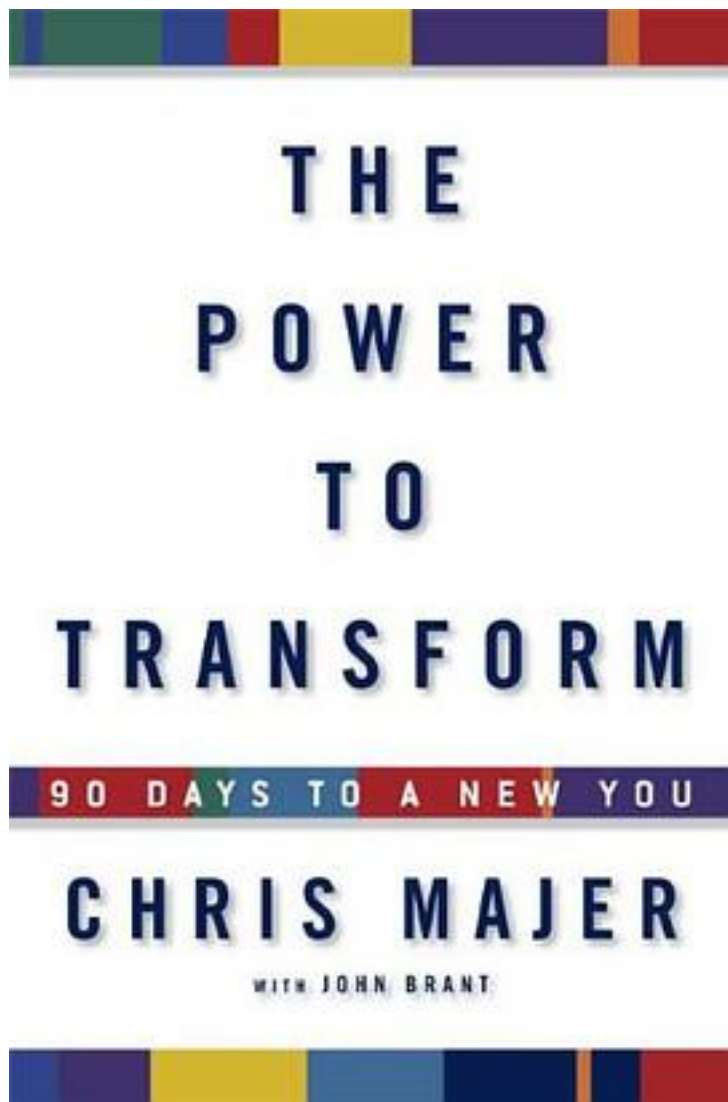


The Power to Transform



[The Power to Transform_ 下载链接1](#)

著者:Chris Majer

出版者:Rodale Books

出版时间:2009-09-01

装帧:Hardcover

isbn:9781594869518

In "The Power to Transform", Majer tailors his program to you the individual, sharing the methods he has developed over two decades that have made him one of the leading innovators in the field. The book distills complex philosophical and linguistic concepts into easy-to-use practices that produce transformational change. Readers who may have reached a plateau in their personal or professional lives know that there is something more to life. They are committed to real change will find considerable power in: building the practices for authentic learning; seeing that learning isn't about 'knowing and understanding', it is the development of 'embodied competence'; learning how new action, not new thinking, is the cornerstone of change; facing down the most daunting challenges and making consistently powerful choices; and, building a practice that will enable you to stay calm while the world around you swirls in confusion.

作者介绍:

目录:

[The Power to Transform_ 下载链接1](#)

标签

评论

[The Power to Transform_ 下载链接1](#)

书评

[The Power to Transform_ 下载链接1](#)