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Autore	Walther Cornelia C.
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Nota di contenuto	Intro -- Acknowledgment -- Introduction -- Being Change -- References -- Contents -- About the Author -- List of Figures -- 1 Plant Change from the Inside Out, Nurture It from the Outside In -- 1.1 Dimensions of Humanness -- 1.1.1 Individual Dynamics -- 1.1.2 Collective Dynamics -- 1.1.3 Universal Principles -- 1.1.4 Energy Arenas -- 1.2 Influence -- 1.3 Transformation -- 1.3.1 Individual Change -- 1.3.1.1 The Cube of Change -- 1.3.1.2 The Continuum of Being and Becoming One Self -- 1.3.2 Collective Transformation -- 1.3.2.1 Being and Becoming Change, Together -- 1.3.2.2 The Ripple Effect of Conscious Choices -- 1.4 Reciprocity -- 1.4.1 The Win-Win- Win-Win of Solidarity -- 1.4.1.1 Direct Benefits -- 1.4.1.2 Indirect Benefits -- 1.4.2 POZE in Action -- References -- 2 Living Change Out Loud -- 2.1 People1 -- 3 Shifting Focus: Zooming In and Out-My Story -- 3.1 The 4 Dimensions -- 3.1.1 Body -- 3.1.2 Mind -- 3.1.3 Heart -- 3.1.4 Soul -- 3.2 Lessons Learned -- References -- 4 Tools to Find Out More -- 4.1 The Self-Equation and Deriving Tools to Explore It -- 4.1.1 Craving and Aversion -- 4.1.1.1 Our Spiraling Being and Becoming -- 4.1.2 Freedom and Awareness-Tools -- 4.2 Connecting the Dots -- References -- Annexes -- Annex A: Participating Storytellers -- Annex B: Graphic Overview-Dimensional Ratings -- Index.

