

1. Record Nr.	UNINA9910703836303321
Titolo	[Cancer knowledge - understanding cancer risk and reducing cancer risk]
Pubbl/distr/stampa	[Bethesda, Md.] : , : Department of Health and Human Services, National Institutes of Health, National Cancer Institute, Health Information National Trends Survey, , 2006
Descrizione fisica	1 online resource (2 unnumbered pages) : color illustrations
Collana	Hints briefs ; ; number 2
Soggetti	Cancer Cancer - Prevention Human behavior Health risk communication Statistics.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title page (viewed July 30, 2015). "March 2006."
Nota di bibliografia	Includes bibliographical references.

2. Record Nr.	UNINA9910795984603321
Autore	Berger Jennifer Garvey <1970->
Titolo	Unleash your complexity genius : growing your inner capacity to lead / / Jennifer Garvey Berger and Carolyn Coughlin
Pubbl/distr/stampa	Stanford, California : , : Stanford Briefs, , [2023] ©2023
ISBN	1-5036-3483-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (170 pages)
Disciplina	158.4
Soggetti	Stress (Psychology) Leadership Biocomplexity
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (pages [151]-157).
Nota di contenuto	Cover -- Title Page -- Copyright -- Dedication -- Contents -- Introduction -- 1. It's Not Just Out There, It's in Here: Your Nervous System Meets Complexity -- 2. Start with the Present: The Genius of Noticing -- 3. Adjust Yourself First: The Genius of Breathing, Moving, and Sleeping -- 4. Create the Conditions for Things to Change: The Genius of Experimenting -- 5. Emotions Are the New Facts: The Genius of Laughing and Wondering -- 6. Connections Matter More Than Competence: The Genius of Loving -- Our Gratitude -- Notes.
Sommario/riassunto	There is a complexity paradox that we all need to understand. We humans have a natural inclination towards connection, engagement, and creativity – all necessary skills to thrive in complexity. The problem is that the stress caused by uncertainty and ambiguity makes it difficult to tap into this inclination when we need it the most. This book offers a set of practices that help you not only understand complexity but actually hack into your own nervous system to bring your natural capacities back online. By paying close attention to your body, redefining your emotional experiences, and connecting more deeply to others, you can transform the anxiety, exhaustion, and overwhelm that complexity creates. Better still, as you unleash your natural complexity genius, you create the conditions for those around you to flourish in an

uncertain world.
