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| 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. |

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| 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.
