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Autore	Berger Jennifer Garvey <1970->
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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.

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