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Nota di contenuto	Chapter 1 Life Happens to All of Us -- Chapter 2 Breathing equals life -- Chapter 3 All GAIN -- Chapter 4 Generating -- Chapter 5 Appreciating -- Chapter 6 Internalizing -- Chapter 7 Newness -- Chapter 8 Practices and Exercises Supporting GAIN -- Chapter 9 Lead without Self -- Chapter 10 A Mindful Journey.
Sommario/riassunto	This book proposes a new model, GAIN (Generating, Appreciating, Internalizing, and Newness) that shifts negative thinking patterns many find themselves in today's society. Whether from extremely short-termed, thus unrealistic, expectations or general victim thinking, many people, particularly professionals, consider past experiences that don't lead to immediate and tangible benefits as a waste of time. They forego long-span self-reflection to acknowledge their progress in life. This book uses mindful practices to shift these negative thought patterns into constructive ones that reveal personal purpose and growth, and thus, positive self-leadership and development. Featuring practices and

exercises to support the GAIN model, this book will help readers see every life experience as a gain rather than loss, even if it may take some time to see the benefits from it, if at all.

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