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Nota di contenuto	Title Page; Table of Contents; Intuition and Reflection; Bringing It All Together; Tools for Reflective Practice; The Journal; Imaging; Dreams; Analysis; Emotions; From Reflection to Action; Suggested Readings; Background; Key Point Summary; Lead Contributor
Sommario/riassunto	Leaders often have to make decisions without complete information, and those decisions are expected to be not only right but also timely. Using reflective techniques can help you learn to depend on your intuition for help in making good decisions quickly. Reflective practices may seem time-consuming at the beginning, but the time you put in on the front end is well worth the investment. It will pay you back both in time and in the quality of the decisions you make.