

Shift: The Art of Transforming Limitations By Nick Egan **Shiftnote** Combining studies in psychology and Buddhist philosophy he demonstrates how to: - Deconstruct stories to open paths to progress - Understand interconnectivity to expand potential - Reframe difficulties as opportunities - Eliminate useless ideas to embrace positive solutions - Reduce addiction to urgency to increase productivity - Practice patience to avoid frustration - Achieve a flow state to transform your experience Filled with practical exercises and invaluable advice Shift can help anyone meet challenges effortlessly develop positive lifelong habits and create a world of limitless possibility.

Shift network

{site_link} post a commentBalanced potent and insightful I really enjoyed the grounded perspective and carefully curated stories to support the points of each chapter. **Kindle shift admin** This book is to the point and offers exercises in each chapter to reinforce the learnings, **Shiftymine colostomy bag** Excellent book! Hardcover This book is about stories and changing your story. **Shiftnote** It's pretty much about making shifts in your thoughts from being close minded to open-minded, **Shiftboard** I thought each exercise at the end of the chapter would be different but they're all really similar about breathing and meditation, **Kindle shift** It had a lot of good information nothing ground-shaking I hadn't read before but aimed more for business / work environments, **Shiftn** Hardcover I forget how I was pointed towards this book but allow me to pay it forward and point out in my experience it's really the only way things change: **Shifhound login** There are some difficult to comprehend exercises at the end of each chapter and I look forward to trying to implement them, **Shift log book** Hardcover Obstacles and challenges don't have to be accepted as just the way it is, **Shiftkey login** But the solution isn't external--it's all about shifting internal mindsets, **Shiftn** In Shift Nick Egan shows how to improve organizational leadership and personal and professional development by dismantling mental limitations and reclaiming freedom and flexibility. I wasn't expecting that. It's interesting but not very helpful. The examples used are too simple and easy. The book talks about making small changes. I didn't find it helpful and I wouldn't recommend it. Hardcover It was okay. Reframe it. Thanks for sharing past Recommender. Growth and lasting change are possible. Shift: The Art of Transforming Limitations

