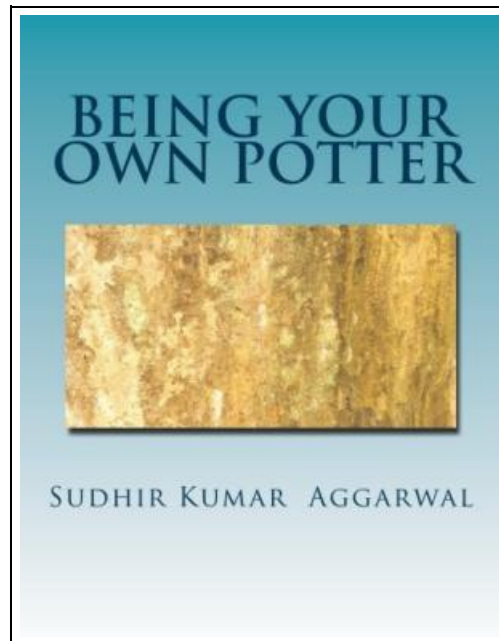


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Reviews




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BEING YOUR OWN POTTER: A GUIDE TO LIVING WITH MATURITY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You and Me This book is about you and me. It emanates from my experience of working with experiential groups for more than a decade, and being part of their life, struggle and growth. It is voice of experience rather application of mind . The book is a collection of ten fictitious characters representing often repeated behaviour patterns which get manifested in the experiential groups and observation, understanding, analysis, change experiences and learnings which could be inferred from these character s lives. The book also dwells on few concepts, life skills and gifts, of and from their lives We are made of patterns, we have patterns of behaviour. A pattern is a repetitive behaviour. We are able to conduct our life because of our ability to recognize patterns. Patterns are essential for living and provide stability and consistency to our actions and behaviours. Our reactions to situations, responses to people, our way of engaging or relating with people, tendency to be in comfort zone, the way we communicate and our actions are fairly consistent and predictable. Knowing our patterns is knowing ourselves. Each person has unique set of patterns. When we interact with others; our patterns interact with their patterns. When we interact with each other more frequently then we develop specific responses for each other, and these become our made for each other patterns . Awareness of both functional and dysfunctional patterns and the consequences of the patterns is necessary otherwise dysfunctional patterns could be cause of real mess-up in our lives. Similarly, not becoming aware of our strength patterns heavily undermines our potential. We fail to see connection between our various patterns and combination effect of the...

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