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A moment in time.

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Liminal thinking is the art of finding, creating and using thresholds to create change. It is a kind of mindfulness that enables you to create positive change. The nine practices of liminal thinking can be summarized as three simple precepts: 1. Get in touch with your ignorance. 2. Seek understanding. 3. Do something different.

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Nine practices 1. Assume that you are not objective. If you ' re part of the system you want to change, you ' re part of the problem. 2. Empty your cup. You can ' t learn new things without letting go of old things. Stop, look, and listen. Suspend judgment. 3. Create safe space. If you don ' t understand ...

Nine practices - Liminal Thinking: Create the change you ...

3. Beliefs create a shared world. Beliefs are the psychological material we use to co-create a shared world, so we can live, work, and do things together. Changing a shared world requires changing its underlying beliefs. 4. Beliefs create blind spots.

Six principles - Liminal Thinking: Create the change you ...

Liminal thinking is the art of creating change by understanding, shaping and re-framing beliefs. A belief, in general, seems like a perfect representation of te world, but, in fact, they are only imperfect models. Beliefs are constructed hierarchically using theories and judgments who are based on selected facts and personal subjective experiences.

Amazon.com: Liminal Thinking: Create the Change You Want ...

Liminal thinking is the art of creating change by understanding, shaping, and reframing beliefs. What beliefs are stopping you right now? You have a choice, says David Gray, author of the book Liminal Thinking. You can create the world you want or live in a world created by others.

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Liminal thinking is a way to create change by understanding, shaping, and reframing beliefs. What beliefs are stopping you right now? You have a choice. You can create the world you want to live in, or live in a world created by others.

Liminal Thinking - Rosenfeld Media

LIMINAL THINKING Gray defines the concept of liminal thinking as “ the art of creating change by understanding, shaping and reframing beliefs. ” Consider a time in your life when you ’ ve had a significant mindset shift when you saw something one way for as long as you can remember, but suddenly, you can see the same thing but in a new light.

Liminal Thinking | PDF Book Summary | By Dave Gray

INTRODUCTION : #1 Liminal Thinking Create" eBook Liminal Thinking Create The Change You Want By Changing The Way You Think " Uploaded By Mary Higgins Clark, a threshold is a boundary that marks a point of transition between one state and another liminal thinking is the art of finding creating and using thresholds to create change it is a kind ...

Liminal Thinking Create The Change You Want By Changing ...

The main idea of the book is "liminal thinking" - the art of changing the world around yourself with the help of rethinking and changing persuasions. To make this definition more lucid and complete, we still need to add a definition of what "persuasion" is, this is - the sequence of events in our head, according to which we act.

Liminal Thinking by Dave Gray - goodreads.com

Liminal thinking is a way to create change by understanding, shaping, and reframing beliefs. What beliefs are stopping you right now? You have a choice. You can create the world you want to live in, or live in a world created by others. If you are ready to start making changes, read this book.

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