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## Flex: Do Something Different

By Ben C. Fletcher, Karen J. Pine

University of Hertfordshire Press. Paperback. Book Condition: new. BRAND NEW, Flex: Do Something Different, Ben C. Fletcher, Karen J. Pine, Imagine being able to handle whatever life throws at you with ease. Our habits, which help form our personality, undermine our ability to rise to new challenges. Most of our actions are based on old behavioural patterns so instead of coming up with new strategies, we're stuck on autopilot. And the more fixed our personality is, the harder we find it to adapt to change or to the new. No wonder we often feel overwhelmed, unhappy or stressed. We all have a far greater range of behaviours at our disposal than we realise but we limit our life by using just 1/10th of our personality. The other 9/10ths of our tools for life lie dormant in our brain's toolbox. flex will show you how to start using them. flex is about taking charge of ourselves and not slipping onto autopilot. A person who can flex, using different behaviours appropriately, will feel at ease in any situation. The key to being able to flex is to Do Something Different, to disrupt the brain's habits. When you can flex your personality you...



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