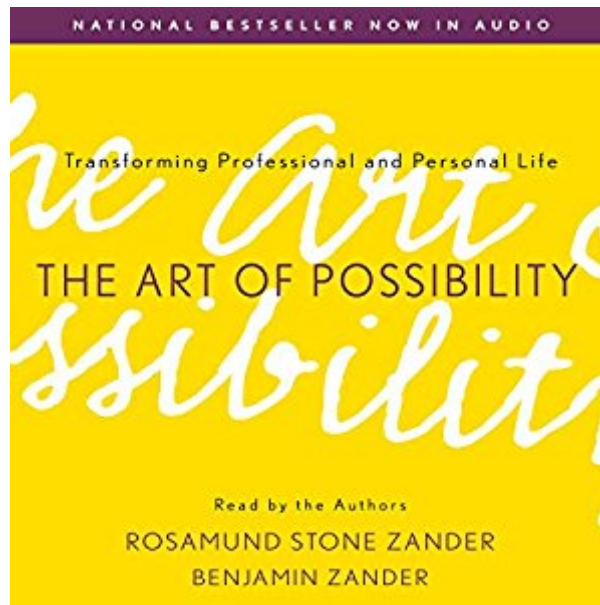


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# The Art Of Possibility: Transforming Professional And Personal Life



## Synopsis

Presenting 12 breakthrough practices for bringing creativity into all human endeavors, *The Art of Possibility* is the dynamic product of an extraordinary partnership. The *Art of Possibility* combines Benjamin Zander's experience as conductor of the Boston Philharmonic and his talent as a teacher and communicator with psychotherapist Rosamund Stone Zander's genius for designing innovative paradigms for personal and professional fulfillment. The authors' harmoniously interwoven perspectives provide a deep sense of the powerful role that the notion of possibility can play in every aspect of life. Through uplifting stories, parables, and personal anecdotes, the Zanders invite us to become passionate communicators, leaders, and performers whose lives radiate possibility into the world.

## Book Information

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## Customer Reviews

' . . . The objective of this book is to provide . . . the means to lift off from . . . struggle and sail into a vast universe of possibility.' Benjamin Zander is the conductor of The Boston Philharmonic and is well known for his orchestra's passionate performances. Rosamund Stone Zander is an executive coach, family therapist, and private practitioner who brings enormous psychological perspective to enhancing human behavior. They have written a fascinating book in which they alternate as voices in sharing principles and examples in the form of compelling stories. They have striven to make what they share ' . . . simple, not easy.' The idea is to help you create in yourself and in others 'transformational' improvements. They share a series of perspectives designed to improve your understanding of what and where the potential is. First, humans tend to focus on very few things,

missing most of what is going on around them. By shifting focus, you will see many opportunities for the first time. Much of this book is designed to do that for you. You will visit our old friend the nine dot square and be reminded that connecting all of the dots in four lines without lifting your writing instrument from the paper requires you to go outside the box that we mentally draw at the circumference of the dots. Be careful about your assumptions! They can fence you in! Second, measurements can cause us to focus too narrowly on where we are today and encourage scarcity thinking -- the glass is half empty. The Zanders encourage thinking about the glass as half full, citing the well-known perspective of optimism as being empowering. This can help you 'step into a university of possibility.' I like to call this pursuing the ideal practice.

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