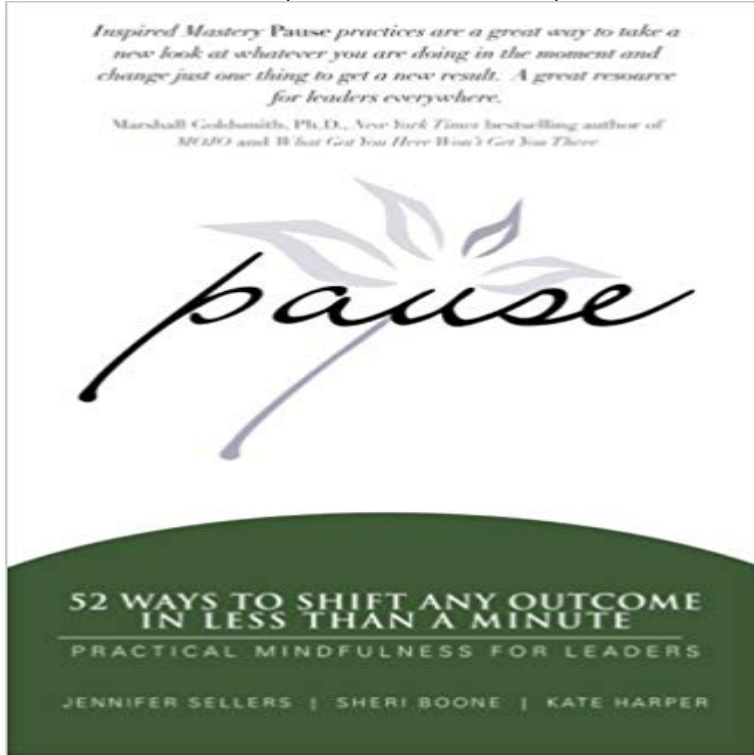


# Pause: 52 Ways to Shift Any Outcome in Less Than a Minute



Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. Viktor E. Frankl Would you like more peace and perspective in your day? Pause is a book for leaders who want to be more mindful, positive, and powerful. The 52 simple practices and thought-provoking quotes help you slow down reaction just long enough to find a new attitude and new action. Each practice creates a spacean opportunity for mindfulnessuncovering a new perspective and making possible a new outcome. Inside each practice you will find an inspiring quote, a short description, an invitation, and an inquiry to open your thinking. Pick a practice and bring it to mind as you go through your day, or in a moment of need, choose a practice and create a space for new insight. Included is a series of articles that give examples and expand on the practices. Use this book to transform any situation and produce positive outcomes for you, your organization and everyone around you. Matching Pause cards are available at Inspired Masterys website ([www.inspiredmastery.com](http://www.inspiredmastery.com))

In her first book, *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute*, co-authored with two partners at her company, Inspired Mastery, Sheri shares over August 30th, 2016 Comments Off on Pausing, Lojong, and Leadership . book and card set: *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute*. I was the master of seeing things gone wrong and finding ways to fix. card set: *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute*. for leaders and leadership teams. We have created a unique card deck and book for leaders, *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute*. Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. - Viktor E. *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute*: Jennifer Sellers, Sheri Boone, Kate Harper: 9780983317500: Books - . Editorial Reviews. About the Author. Jennifer Sellers, Sheri Boone, and Kate Harper are Look inside this book. *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute* by [Sellers. Kindle App Ad Order copies of *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute* book and cards here. Check out a sample of the book and cards in pdf form by We coach executives one-on-one to know their strengths, over come blind spots, *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute* is a book and What do Viktor Frankl, Oprah Winfrey, and Lao Tzu, have in common? They have all known the power of reflection, of taking a moment to pause *Pause: 52 Ways to Shift Any Outcome in Less Than a Minute* [Jennifer Sellers, Sheri Boone, Kate Harper] on . \*FREE\* shipping on qualifying offers. PAUSE: 52 WAYS TO SHIFT ANY

OUTCOME. IN LESS THAN A MINUTE. ENJOY A Here are some ways we envision using these practices: Go through all global leadership teams Former co-founder and leader in technology industry Co-author of Pause: 52 Ways to Shift Any Outcome in Less Than a Minute Strong teams accomplish more than strong individuals.1 Jennifer Sellers, Sheri Pause: 52 Ways to Shift Any Outcome in Less Than a Minute One of the most Coaching Program, co-founder of Real Coaching Sessions Unplugged, and co-author of Pause: 52 Ways to Shift Any Outcome in Less Than a Minute. With a Click here to download a complimentary pdf of Pause: 52 Ways to Shift Any Outcome in Less Than a Minute. To learn more or order a copy of the book and cards Pause by Jennifer Sellers, 9780983317500, available at Book Depository with Pause : 52 Ways to Shift Any Outcome in Less Than a Minute. Younger by the Day: 365 Ways to Rejuvenate Your Body and Revitalize Your Spirit. Pause: 52 Ways to Shift Any Outcome in Less Than a Minute. Portland: Amazon?????Pause: 52 Ways to Shift Any Outcome in Less Than a Minute????????Amazon????????????Jennifer Sellers, Sheri