

The Power to Transform: 90 Days to a New You

By Chris Majer, John Brant

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What if you could design your future instead of having it just happen to you? *The Power to Transform* teaches you the strategies corporate, military, and sports leaders have used to do just that for themselves and their organizations! Yes, you can have the life of your dreams-here's how.

Chris Majer has designed large scale transformational programs for the US Army, and Marine Corps, Amgen, AT&T, Microsoft, Intel, Allianz, and Capital One, and a host of others to revamp the way they do business. Organizations Majer has put through his process have seen measurable and dramatic increases in their performance and profits.

In *The Power to Transform,* Majer tailors his program to you the individual, sharing the methods he has developed over two decades that have made him one of the leading innovators in the field. The book distills complex philosophical and linguistic concepts into easy-to-use practices that produce transformational change. Readers have reached a plateau in their personal or professional lives know that there is something more to life. They are committed to real change will find considerable power in:
-Building the practices for authentic learning
-Seeing that learning isn't about "knowing and understanding," it is the development of "embodied competence"
-Learning how new action, not new thinking, is the cornerstone of change
-Facing down the most daunting challenges and making consistently powerful choices
-Building a practice that will enable you to stay calm while the world around you swirls in confusion

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The Power to Transform: 90 Days to a New You By Chris Majer, John Brant Bibliography

- Sales Rank: #395459 in Books
- Published on: 2009-09-01
- Released on: 2009-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.28" h x 1.04" w x 6.49" l, 1.02 pounds
- Binding: Hardcover
- 272 pages

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Editorial Review

About the Author

Chris Majer is founder and CEO of The Human Potential Project, a pioneer in the design and delivery of transformational education for athletes, the military, and corporate organizations. Majer's innovative work has been written about in *Time, Esquire,* and *Leaders Magazine*. As a result of his stunning successes, he has been featured on *Today, The News Hour,* and *Charlie Rose.* He resides in Spokane, Washington.

John Brant is a frequent contributor to *Inc.*, the *New York Times Play Magazine, Runner's World,* and *Best Life.* He lives in Portland, Oregon, with his wife and two children.

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