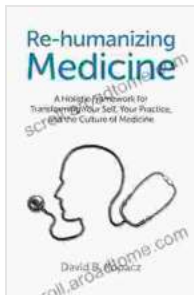


Holistic Framework For Transforming Your Self Your Practice And The Culture Of

This book provides a holistic framework for transforming your self, your practice, and the culture of your organization. It is based on the latest research in neuroscience, psychology, and organizational development. The book offers practical tools and exercises that you can use to immediately improve your own well-being and effectiveness, and to create a more positive and productive work environment.



Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine by David R. Kopacz

★★★★☆ 4.6 out of 5

Language : English
File size : 3707 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 420 pages



The Holistic Framework

The holistic framework presented in this book is based on the following five pillars:

1. **Self-awareness:** The ability to understand your own thoughts, feelings, and motivations.

2. **Self-regulation:** The ability to manage your own thoughts, feelings, and behaviors.
3. **Self-compassion:** The ability to treat yourself with kindness and understanding.
4. **Meaning and purpose:** The ability to find meaning and purpose in your work and life.
5. **Connection:** The ability to build and maintain healthy relationships with others.

These five pillars are interconnected and interdependent. When you develop one pillar, you will also see improvements in the other pillars. For example, when you develop self-awareness, you will be better able to self-regulate your emotions. When you develop self-compassion, you will be more likely to find meaning and purpose in your work. And when you develop connection, you will be able to build and maintain healthy relationships with others.

The Benefits of Transformation

There are many benefits to transforming yourself, your practice, and the culture of your organization. Some of the benefits include:

- Increased well-being and happiness
- Improved productivity and effectiveness
- Reduced stress and burnout
- Increased creativity and innovation
- Improved relationships and teamwork

- A more positive and productive work environment

If you are looking to make a positive change in your life, your practice, or your organization, then this book is for you. The holistic framework presented in this book will provide you with the tools and exercises you need to create lasting change.

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We hope you enjoy this book and that it helps you to create a more positive and productive life for yourself and others.

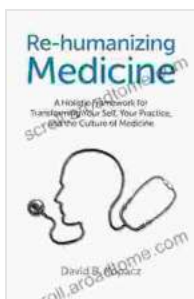
Thank you for reading!

Re-humanizing Medicine

A Holistic Framework for
Transforming Your Self, Your Practice,
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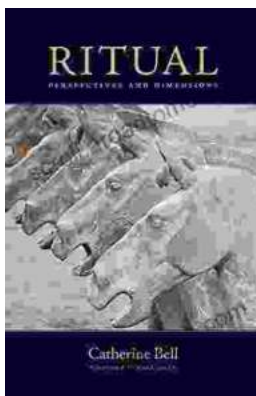
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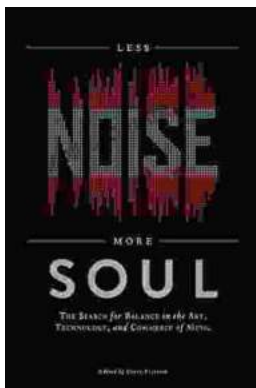
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