



Integration: The Power of Being Co-Active in Work and Life

Ann Betz, Karen Kimsey-House

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We live in a world of both profound separation and deep longing for connection. Betz and Kimsey-House explore not only the historical and spiritual history of our disconnection and its cost to individual and societal well-being, but also provide a compelling, neuroscience-based argument for how to make the next “great turning” of human development: becoming more integrated human beings. They invite you to accompany them through a road map to integration by exploring in detail the Co-Active model, originally used by coaches, but with practical application to business, parents, teachers, and anyone with a desire to be more effective, connected, and whole. Richly illustrated with true stories of integration in action, as well as current research in neuroscience, this book provides a guide to reaching our full potential within ourselves, with each other, in groups and organizations and with society at large.

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