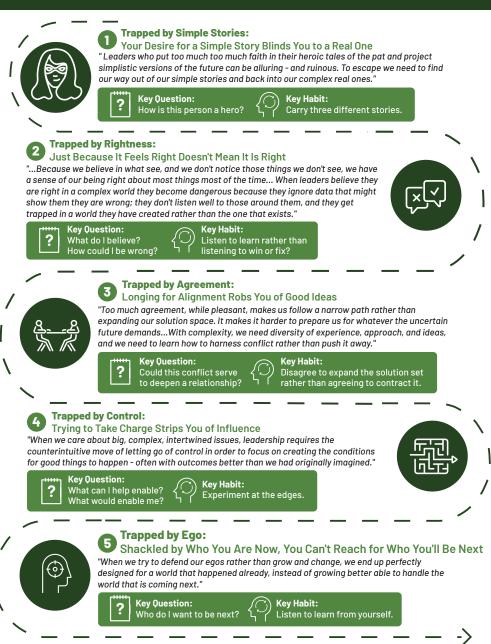


...our human instincts, shaped for (and craving) a simple world, fundamentally mislead us in a complex, unpredictable world." - Jennifer Garvey Berger



"Understanding new ways to notice and escape these mindtraps turns out to be a kind of super power that allows you to see new opportunities, create new solutions, and move forward with more finesse and less angst." - Jennifer Garvey Berger

## Building A Ladde

Connect to **purpose.** Connect to our **bodies.** Connect to our **emotions.** Connect to **compassion** for ourselves and others.