



# Switch On: Unleash Your Creativity and Thrive with the New Science & Spirit of Breakthrough

*Nick Seneca Jankel*

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Switch On presents a compelling science-driven, wisdom-inspired answer to the most pressing question of the age: How do we as individuals, and our world as a whole, thrive? It is based on 20 years of research and experience at the forefront of personal, social and corporate change. The result is Breakthrough Biodynamics, a groundbreaking fusion of the latest neuroscience, evolution, ancient traditions, practical philosophy and powerful tools for making transformation happen.

Breakthrough Biodynamics will help you to:

Never be stuck or stressed again by using the 10-step Breakthrough Curve

Bring more freedom, consciousness, mindfulness into everyday life

Identify, and let go, of the habits and beliefs that are holding you back

Find peace by healing past pain and suffering

Discover your purpose and, with it, what to do with your life

Hone your intuition and use it to make great choices

Learn from the greatest leaders how to ensure your ideas become real

Turn inspiration into action and make a difference to your world

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