

Gerald Dorian's

# desclick

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break the limits of routine  
surpass the habitual  
evolve

It can be observed how our way(s) of living, and by this the predominant attitudes, are reflected into our being, remodeling in time our overall condition and shaping also visibly bodily features. Subsequently this altered (physical) state will feed back, redoing the ways of the psyche, constraining it to follow upon the self-induced conditions and even limitations, that have been set up by our habitual ways.

And the spotlight is on those dedicated people, valued by the organizations to which they have devoted their efforts and a significant part of their life time, which on the other side lead them to visibly loose their own condition and personal well being – missing to work for life in balance.

We should not reach the situation in which a real fall takes us out of routine, by painfully making us feel reality again ... So rather than trying to (re)compensate any potential imbalance by whatsoever 'insurance', we are to proactively re-balance our whole being by a natural self engineering process, upholding naturally the overall human performance(s).

And so – re/forming people, places & practices, naturally – to succeed by a real leaner way, as leading people on improving themselves, what and how they do best, sustainably.

## Guide

*Work for Life in Balance*

Foresight

*Get Active – Break the Limits  
of Routine*

The Buffer & Backup  
Principle

Get Physical

Handling Time

Working Out Efficiently

Targeting

Breathing

Negotiating Balance

Working Out Mentally

Cleanliness

*Get Naturally Balanced*

*~ Evolve*

*Get in Self Control / Surpass  
the Habitual*

Balancing In's & Out's

Get Aware of Habits,  
and Dependencies

Active Observation

Free Yourself

Balancing Resources

From Control to Balance,

Naturally Happy

Starting by Nourishment

Natural Affinities

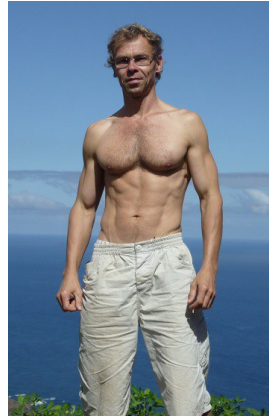
Real Value(s)

Effects ...



Dr. Ing. Gerald Dorian Weisz

re/forming  
people, places & practices  
naturally



Real, practical effects for individuals and organizations:

- People get advised how to change the usual way(s) of life leading often into a noticeable devolution, to re-balance by a natural self engineering process of their whole being, so to uphold naturally their overall human performance(s) and regain as well original life satisfaction.
- Specific for organizations, (humanistic) managers get a real lean re-engineering guide, to succeed not only through the day yet on long term, leading people on improving themselves, what and how they do best, sustainably.

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