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# The Personal Intervention Desk Book

*Lewis Senior, Laura Garcia Senior, Paul Grant*

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**The Personal Intervention Desk Book** Lewis Senior, Laura Garcia Senior, Paul Grant
The Personal Intervention Desk Book describes a revolutionary concept and process that helps people to use their “pause or play” mechanisms and choose to respond out of character rather than react from their personality.

Have you ever wished that you’d paused and thought about something a bit more before speaking, or do you sometimes wish you had spoken up and voiced your opinion at a meeting? Through Personal Intervention we can understand why we react the way we do, and choose to respond to get better results in a variety of situations.

Prior to reading this book and for better understanding due to parts of the book relating to behavioral science techniques, please ensure you have completed your PDI (personality diversity indicator) which is free at Equilibria's website – www.equilibria.com

To start exercising your “pause and play” mechanisms, and realizing better personal results in life, read the Personal Intervention Desk Book today!

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