CHADE MENG TAN SEARCH INSIDE YOURSELF



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About the Search Inside Yourself Leadership Institute SIYLI

Search Inside Yourself was born at Google from a dream to change the world. It began in 2007 when a team of leading experts in mindfulness, neuroscience and emotional intelligence developed an internal course for fellow Googlers.

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Search Inside Yourself teaches participants to reckon with difficult emotions. Caleb Roenigk/Flickr About five minutes before Search Inside Yourself was scheduled to start, I was running through

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