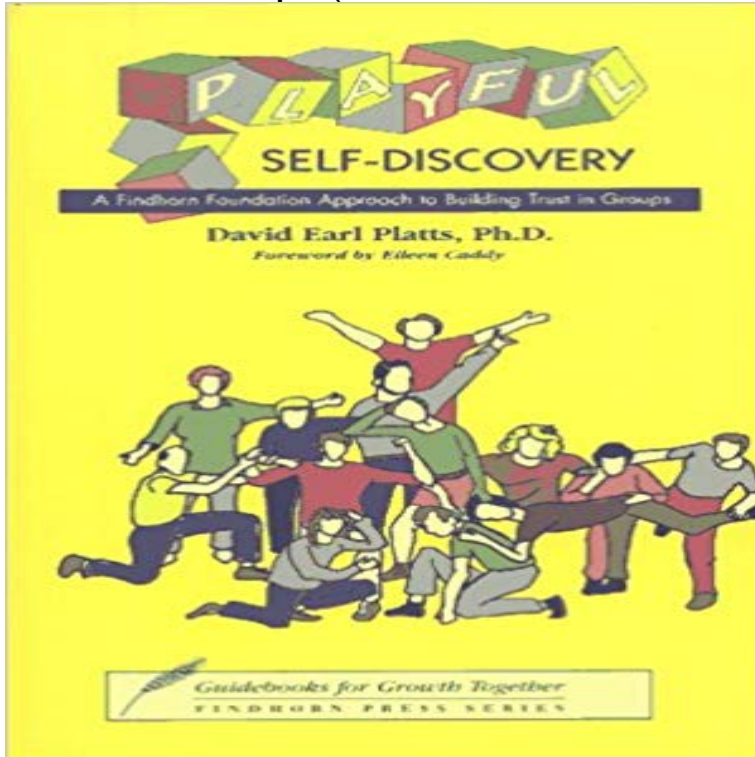


# Playful Self-Discovery: A Findhorn Foundation Approach to Building Trust in Groups (Guidebooks for Growth Together)



Designed for people who lead or take part in groups of any kind, this book describes a method of building trust in both new and established groups. It sets out a light-hearted approach which aims to offer participants insight into their own personality and behaviour while fostering positive group dynamics, openness, cooperation and good will. A practical manual, it provides guidelines for preparing and presenting a full length experiential session, including detailed instructions to 68 exercises and games, to help groups come together and function more effectively.

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