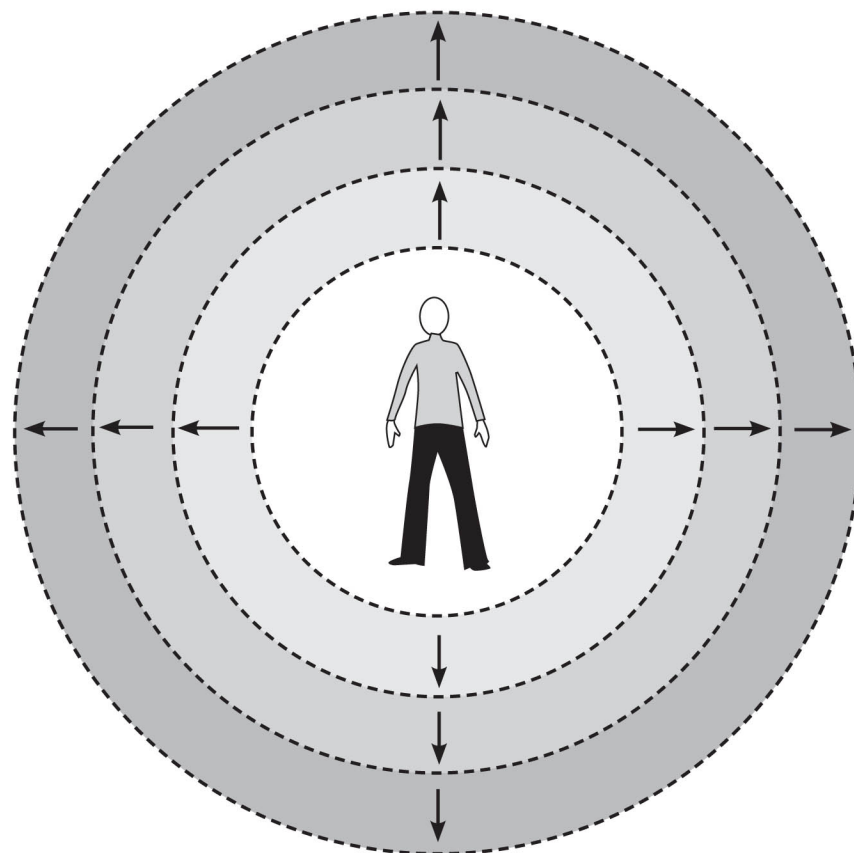


Expanding the Comfort Zone

FIGURE 7.3



Step by Step Every time you try something new, you expand your comfort zone.
Why is it better to expand your comfort zone with small steps than with giant leaps?