# Contents

*Preface* vii  
*Acknowledgments* xi  

1 Behavioral Innovation: Remembering the Human 1  
2 The Brave New Workshop: A Journey of Fear and Discovery 11  
3 The Mindset of Discovery: Improvisational Roots 23  
4 The Art of Practice 31  
5 The Mindset of Fear 41  
6 The Anatomy of the Mindset of Discovery 57  
7 Building Your Innovation Fitness Plan 77  
8 Listening 93  
9 Deferring Judgment 109  
10 Declaring 119
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Reframing</td>
<td>139</td>
</tr>
<tr>
<td>12</td>
<td>Jumping In</td>
<td>153</td>
</tr>
<tr>
<td>13</td>
<td>The Desire for Change</td>
<td>177</td>
</tr>
</tbody>
</table>

References 187

Index 191