

How to Have a Good Day : The essential toolkit for a productive day at work and beyond



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Reviews

A superior quality pdf along with the font used was intriguing to read through. It can be really exciting through reading through time period. You may like how the blogger create this book.
(Dr. Rylee Berge)

HOW TO HAVE A GOOD DAY : THE ESSENTIAL TOOLKIT FOR A PRODUCTIVE DAY AT WORK AND BEYOND



Pan Macmillan Jan 2017, 2017. Taschenbuch. Condition: Neu. Neuware - In *How to Have a Good Day*, economist and former McKinsey partner Caroline Webb shows readers how to use recent findings from behavioral economics, psychology, and neuroscience to transform our approach to everyday working life. Advances in these behavioral sciences are giving us ever better understanding of how our brains work, why we make the choices we do, and what it takes for us to be smart and savvy. But it's not always been easy to see how to apply these insights in the workplace - until now. In *How to Have a Good Day*, Webb explains how three big scientific ideas can help us be at our best every day. She shows us exactly how to apply this science to our plans, tasks and conversations, in step-by-step guidance that allows us to: set better priorities; make the hours go further; turn every interaction into a success; strengthen our personal impact; be resilient in the face of setbacks; and sustain our energy over the course of the day. Webb teaches us how to be at our best under pressure, and gives us specific tools to tackle common work challenges - from conflict with colleagues, to dull meetings and packed inboxes. Filled with stories of people who have used Webb's insights to boost their job satisfaction and performance at work, *How to Have a Good Day* is the book so many people wanted when they finished *Nudge*, *Blink* and *Thinking Fast and Slow*, and were looking for practical ways to apply this fascinating science to their own lives and careers. A remarkable and much needed book, *How to Have a Good Day* firmly delivers on its promise, showing us all how to have a lifetime of good...



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