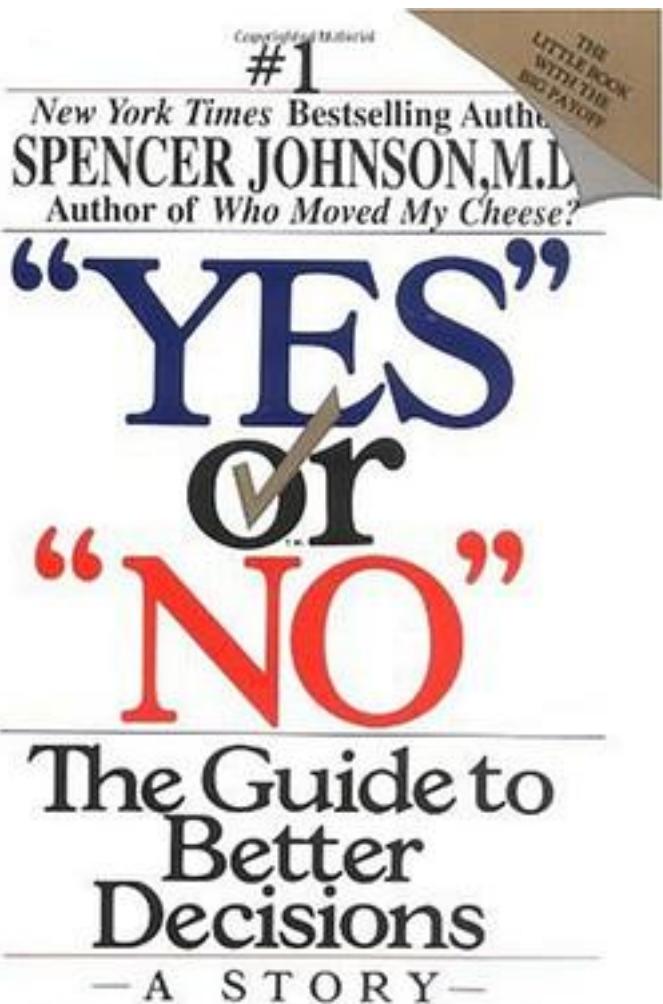


Yes or No



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著者:Spencer Johnson

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"Yes" or "No," from the #1 New York Times bestselling author Spencer Johnson, presents a brilliant and practical system anyone can use to make better decisions, soon and often -- both at work and in personal life.

The "Yes" or "No" System lets us: focus on real needs, versus mere wants create better options see the likely consequences of choices and identify and then use our own integrity, intuition, and insight to gain peace of mind, self-confidence, and freedom from fear

作者介绍:

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标签

思维方法

可读二遍以上

决策

英文版

英文原版

管理

我收藏的书

思维训练

评论

啰嗦，但却实用。书中简单又容易忽视的道理是有时时自我提醒必要性的。Small choices can make a huge difference!

To use my head, I ask a practical questions: "Am I meeting the real needs, informing myself of options, and thinking it through?". To consult my heart, I ask a private question: "Does my decision show I am honest with myself, trust my intuition, and deserve better?"

非常一般

To use my head, I ask a practical questions: "Am I meeting the real needs, informing myself of options, and thinking it through?". To consult my heart, I ask a private question: "Does my decision show I am honest with myself, trust my intuition, and deserve better?"

人的一生都在选择，当需求被我们清楚考虑周全，并且服从内心的意愿时，做出的抉择总是朝着更好的一面去，每次看Spencer Johnson的书总是收获

和作者以往的作品一样，以故事形式呈现。可以研究一下，对于make big decision的时候有点帮助，当工具书吧。隔了几个月才来写我发现对于书的细节已经没什么印象点……

This book introduces a guide to make better decisions by asking yourself practical and private questions.

mark一下，想当年大四那会还按照书中的方法问过自己许多问题呢

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书评

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