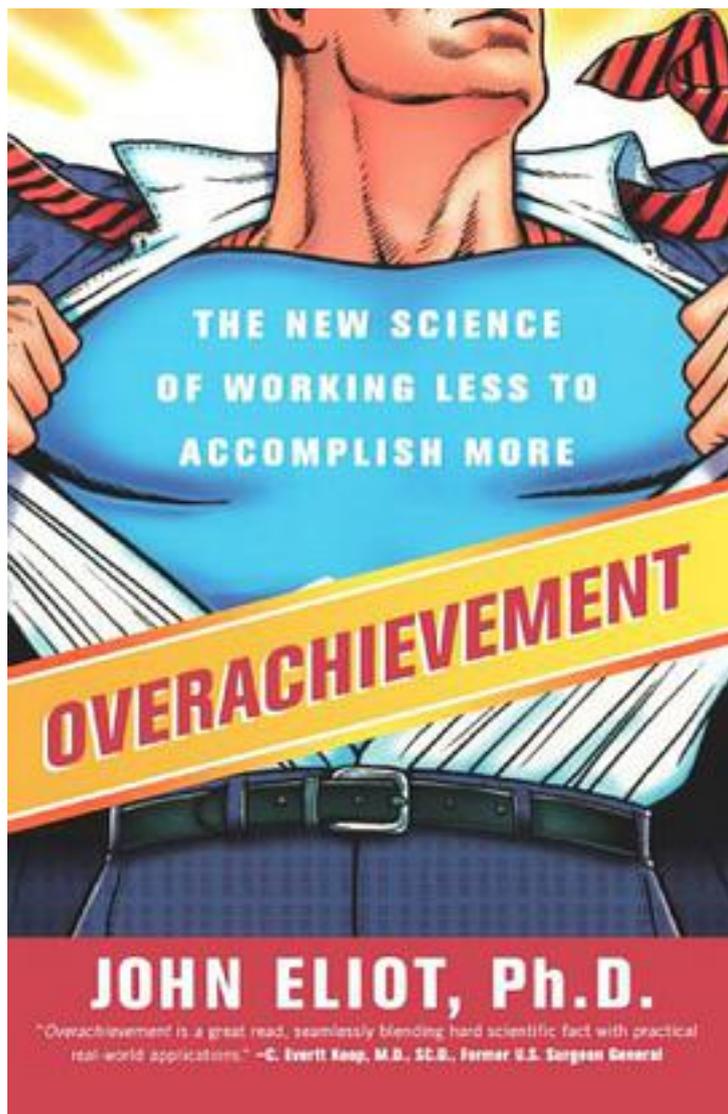


OVERACHIEVEMENT



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Relax. Set goals. Focus on the outcome. Lose yourself to the Zone. All reasonable, sensible advice when you are facing a big presentation at work, a crucial point in the game, or any kind of career-launching performance. And all utterly, hopelessly, wrong. According to John Eliot, Ph.D., aSuch self-improvement balderdash will do nothing but relegate you to a career in mediocrity.a As Dr. Eliot has discovered through his cutting-edge research and real-world coaching, techniques such as goal-setting, relaxation, visualization, stress management, and flow just donat work for most people. Relaxing when the pressure is on is the wrong way to go. Instead, to really ratchet up your performance, youall need to change the way you think about pressureand learn how to welcome it, enjoy it, and make it work to your advantage. Mixing scientific insights with entertaining and inspiring stories, "Overachievement" will help you achieve spectacular success in any situation that demands you rise above and beyond what you ever thought possible. BACKCOVER: aThe antithesis of every self-improvement guru.a aJim Pawlak, "Chicago Tribune" a Eliotas] upfront conversational tone makes his advice not just palatable but convincing. Even if they donat achieve superstar results right away, readers from all walks of life should find it easier to hone their concentration and work a little harder.a "aPublishers Weekly"

作者介绍:

目录:

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