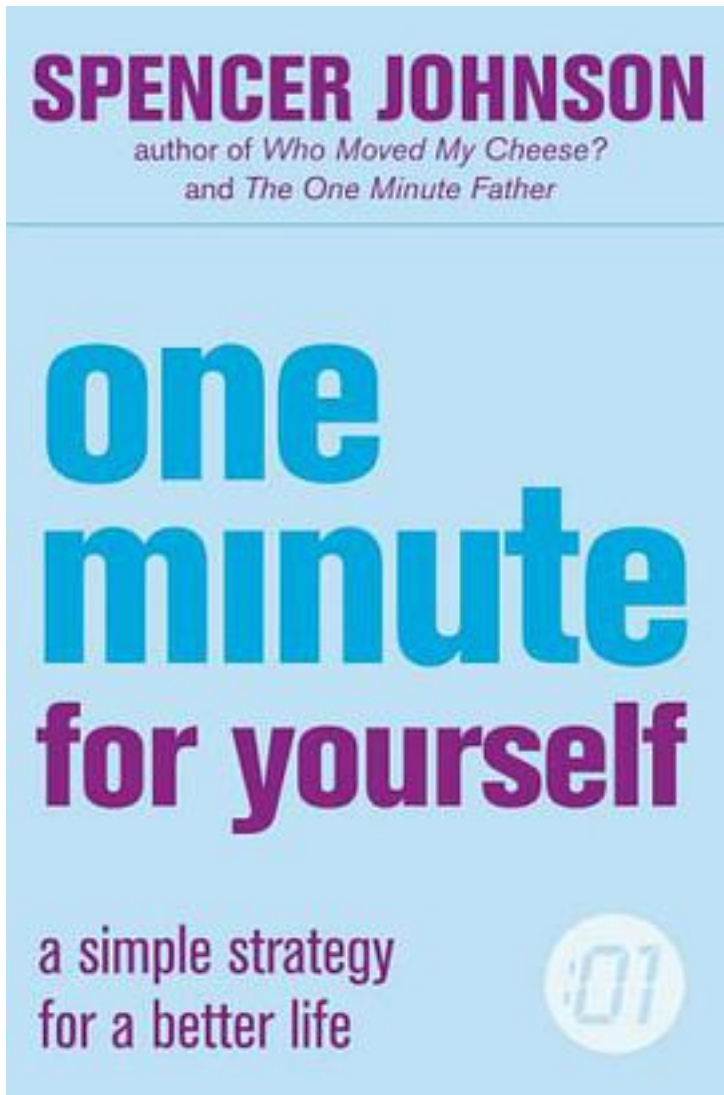


# The One Minute Manager – One Minute For Yourself



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著者:Johnson, Spencer

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By best-selling co-author of The One Minute Manager and author of Who Moved My Cheese?, this book shows how to bring out the best in yourself in a time-starved world. Life is lived minute by minute. Does time seem too precious to lavish on yourself? Using his world-famous One Minute programme, number one bestselling author Dr Spencer Johnson reveals easy ways to bring out the best in yourself. \* Reduce stress at work and at home \* Enjoy a sense of peace and balance \* Have more business and personal success \* Take better care of yourself and encourage others to do the same With the practical wisdom that characterises all of his books, Dr Johnson shows how stopping and taking a minute out of the day can make life more meaningful and enjoyable -- for you and those near you. Spencer Johnson is an internationally bestselling author whose books have helped millions of people discover healthier lifestyles with more success and less stress. Including The One Minute Manager, The One Minute Sales Person, The One Minute Father and Who Moved My Cheese?, more than 13 million copies of Dr Johnson's books are in use in 24 languages.

作者介绍:

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标签

评论

叫嚣公平的人应该看看 说不定会爱死这书。呵呵呵。

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神书!

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我只是想请问，为什么要用讲故事的方式来说明一个方法?

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书评

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