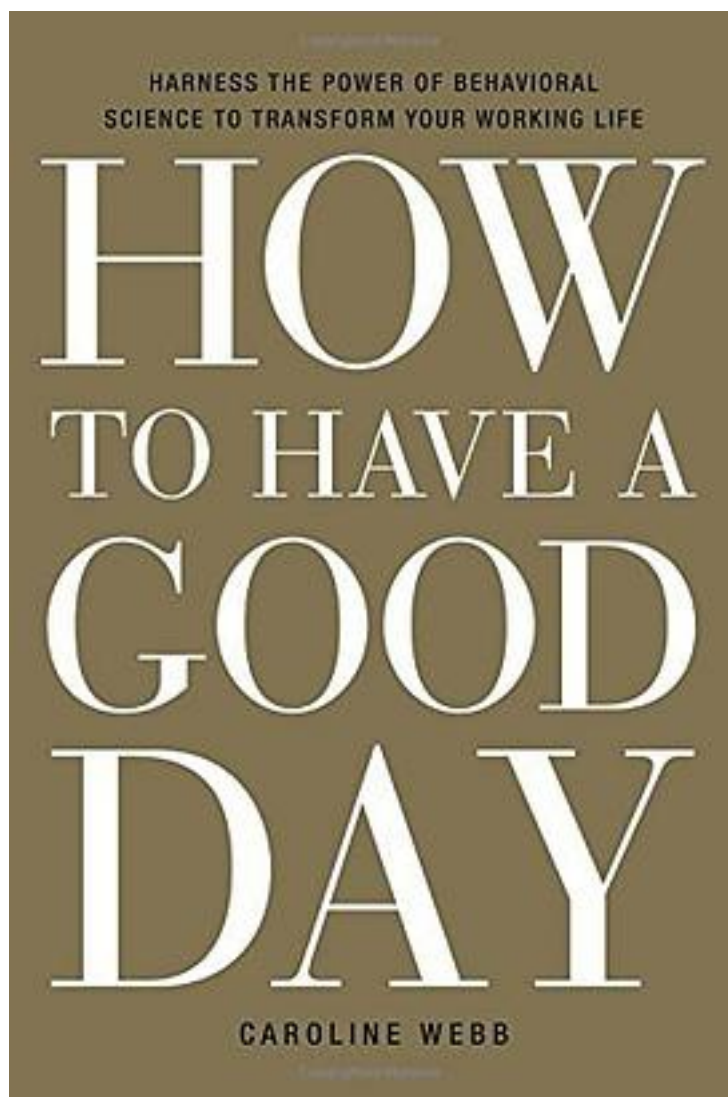


How to Have a Good Day



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著者:Caroline Webb

出版者:Crown Business

出版时间:2016-2-2

装帧:Hardcover

isbn:9780553419634

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 at our best. But it has not always been easy to see how to apply these insights in the real world – until now.

In *How to Have a Good Day*, Webb explains exactly how to apply this science to our daily tasks and routines. She translates three big scientific ideas into step-by-step guidance that shows us how to set better priorities, make our time go further, ace every interaction, be our smartest selves, strengthen our personal impact, be resilient to setbacks, and boost our energy and enjoyment. Through it all, Webb teaches us how to navigate the typical challenges of modern workplaces—from conflict with colleagues to dull meetings and overflowing inboxes—with skill and ease.

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* gives us the tools we need to have a lifetime of good days.

作者介绍:

Caroline Webb is an economist, management consultant and executive coach who has spent the last fifteen years showing her clients how to apply insights from behavioral science (neuroscience, psychology and behavioral economics) to boost their professional effectiveness and job satisfaction. After a first career at the Bank of England, she worked for 12 years at management consulting firm McKinsey & Company, where she was a partner in their leadership and organizational change practice. She then founded her own firm (Sevenshift) to provide behavioral science-based coaching to leaders. Her forthcoming book, "*How To Have a Good Day*," translates that experience onto the page, showing readers how they can use behavioral science to transform the quality of their everyday working lives. The book will be published on February 2 2016 by Random House (Crown Business) in North America, and Macmillan (Pan Macmillan) in the UK & Commonwealth. It will be published in thirteen other languages later in 2016.

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标签

个人管理

自我管理

英文原版

商业

心理學

心理/灵修

励志

Career_development

评论

Too general

这是我近年因为看不下去而弃掉的书。
我读书，一般都会从头看到尾。再不喜欢的书，只有我从中学到一点，我就不觉得亏。
这本书，虽然充满了有建设性的建议，但是作者太执着于为她提出的建议而找科学证据，而忽略了，有些是common sense的事情，并不非得需要科学来做后盾。有些想法，通过故事进行表达，比通过科学实验更能说服别人。这么说吧，当科学证明的是人们的common sense的时候，还要强调科学原理，就使得文章整体看起来很可笑，用高射炮打蚊子的感觉。而且，作者做科普的功力也不行。文章写得实在不怎么样，庸常冗长。

如果你没怎么读过这种提高工作效率的书，我觉得这书是很好的入门。优点就是非常全面，包括与别人合作，如何调节自己的情绪(我觉得写得不错)等等，这些一般其他的书都不怎么涉及。缺点就是可能每个题目都不够深入。但我个人认为整体详略得当，书里也推荐了其它书目供深入阅读。

全面、科学研究支持

听书。每天设立个目标;遇到棘手问题keep distance, 设想发生在别人身上, 你会怎么看;把复杂问题拆分成小问题。

在这本书中, 卡罗琳用自己在麦肯锡十几年的工作经历, 以及对许多知名公司 CEO 的交谈, 告诉我们工作中那些我们不理解的地方, 以及如何让你一天的工作更加美好?

It' s a highly practical book, about time management, how to communicate with people, etc, which would assist you on EQ improvement. It was written in simple and vivid language. I highly recommend it.

教授要求读的, 结果课都上完了, 我还是拖着没读, 留个爪印, 争取有机会读掉吧

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书评

圈内感是什么? 卡罗琳·韦伯 (Caroline Webb) 她的书《如何拥有美好的一天: 运用行为科学改变你的工作生活 (How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life) 》中解释了这个概念, 并告诉你如何利用这种圈内感。红杉资本的合...

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