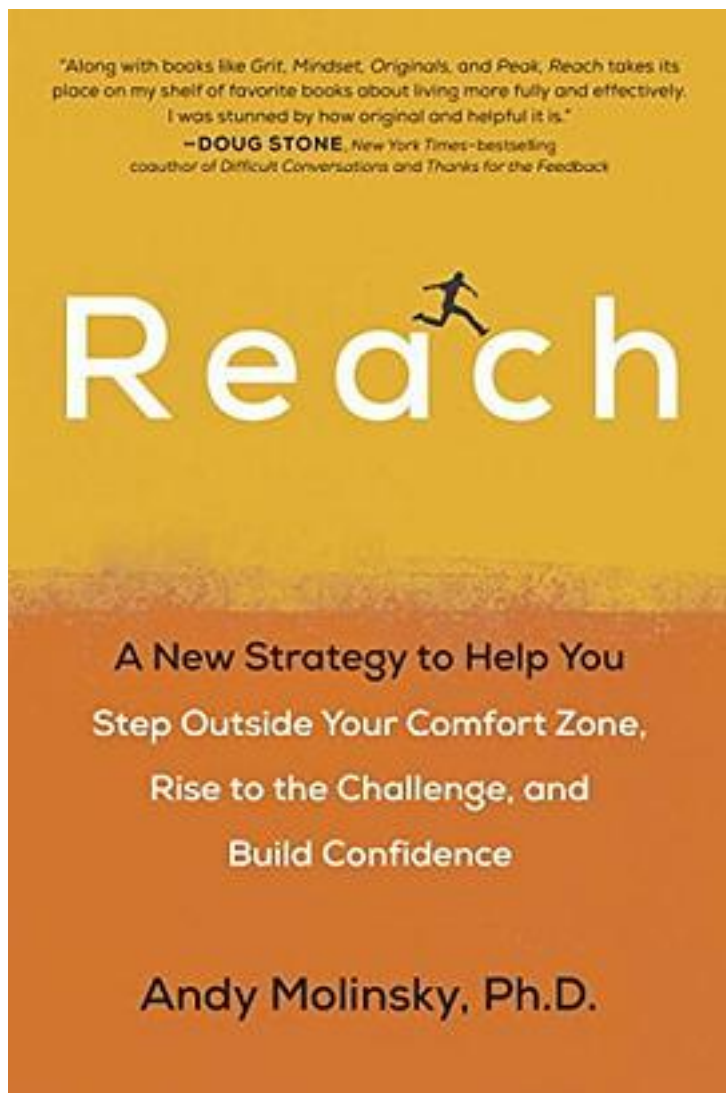


Reach



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Reach is full of rich stories and anecdotes across a range of professions—from managers and executives to entrepreneurs, rabbis, priests, baristas, stay-at-home moms, and even goat farmers. There are stories about unassertive managers finding the courage to stand up to difficult colleagues, executives who have to become more open to feedback, and students and professors grappling with their comfort zones in academic settings. There are stories from singers, actors, and performers. Though the stories and professions are different, the themes of building confidence are strikingly similar.

With Reach, Andy Molinsky offers a concise and enlightening guide based not only on his own highly groundbreaking research but also on his own (highly successful!) quest to get out of his comfort zone. In fact, Molinsky has discovered that many people like himself—who confront what they most avoid come to realize that they actually enjoy doing it, and can even be really good at it!

作者介绍:

ANDY MOLINSKY, Ph.D., is an award-winning author and professor of psychology and organizational behavior at Brandeis University's International Business School, where he specializes in behavior change and cross-cultural interaction in business settings. He writes regularly for the Harvard Business Review, and his work has been featured in The New York Times, The Economist, Fast Company, Fortune, Financial Times, The Boston Globe, as well as on NPR. Andy lives in the Boston area and speaks regularly to a wide range of professional audiences.

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