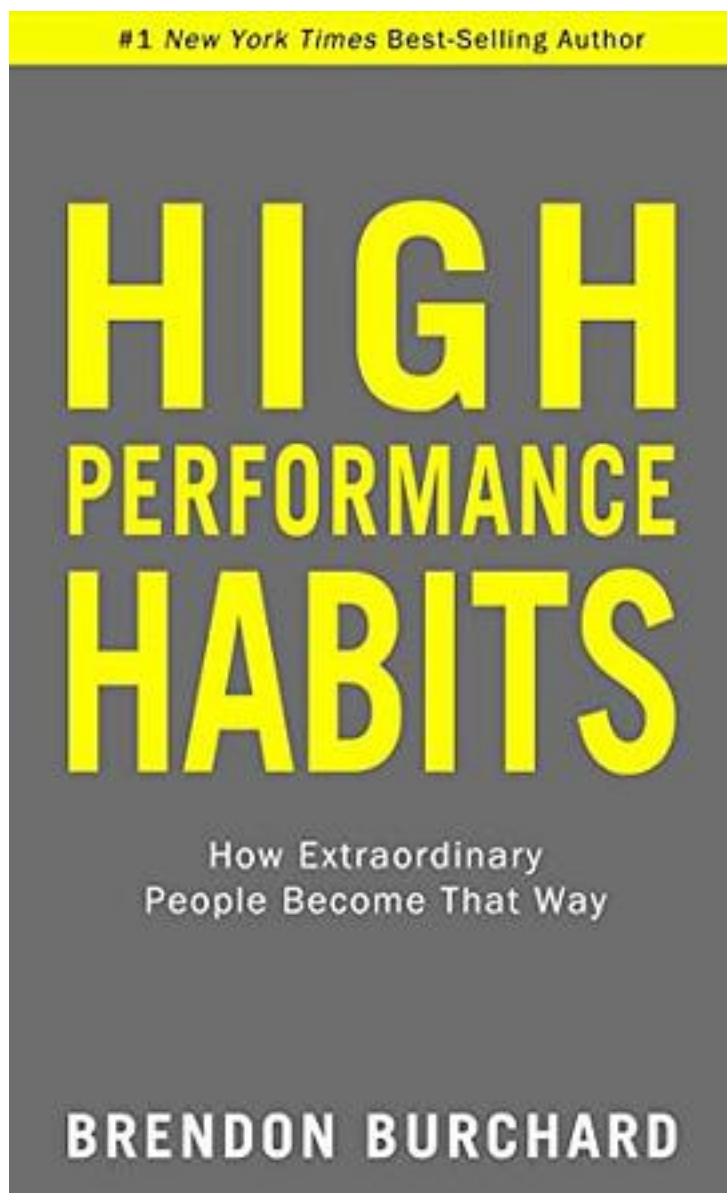


High Performance Habits



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著者:Brendon Burchard

出版者:Hay House Inc

出版时间:2017-9-19

装帧:Hardcover

isbn:9781401952853

THESE SIX HABITS WILL MAKE YOU EXTRAORDINARY.

After extensive original research and a decade as the world's highest-paid performance coach, Brendon Burchard finally reveals the most effective habits for reaching long-term success. Based on one of the largest surveys ever conducted on high performers, it turns out that just six habits move the needle the most in helping you succeed. Adopt these six habits, and you win. Neglect them, and life is a never-ending struggle.

We all want to be high performing in every area of our lives. But how? Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. This book is about the art and science of how to practice these proven habits.

If you do adopt any new habits to succeed faster, choose the habits in this book. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers.

Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now.

HIGH PERFORMANCE HABITS is a science-backed, heart-centered plan to living a better quality of life. Best of all, you can measure your progress. A link to a professional assessment is included in the book for free.

作者介绍:

BRENDON BURCHARD is the world's leading high performance coach and one of the most watched, quoted, and followed personal development trainers in history. SUCCESS magazine and O, The Oprah Magazine have both named him one of the most influential leaders in personal growth and achievement. He has trained and certified more people on the topic of high performance than anyone in the world.

Brendon is a #1 New York Times, #1 USA TODAY, and #1 Wall Street Journal best-selling author, whose books include The Motivation Manifesto, The Charge, The Millionaire Messenger, and Life's Golden Ticket.

An early pioneer in online education, Brendon's personal development videos have now been viewed over 100,000,000 times. More than 1.6 million people have taken his online courses or video series. He is also a Top 100 Most Followed Public Figure on Facebook and the star of the most watched self-help show on YouTube. For these results, Oprah.com named him "one of the most successful online trainers in history."

As CEO of the High Performance Institute, Brendon leads a team of coaches, creators,

and researchers whose mission is to help people create and enjoy extraordinary lives. He travels the globe speaking, and serves as the lead trainer at High Performance Academy and an Innovation Board member at XPRIZE.

Meet him at Brendon.com.

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标签

自我管理

自我成长

英文原版

英文

心理学

效率

思维

成长

评论

6个高效能习惯： 1.追求清晰度 2.保持活力 3.提高必要性 4.扩充生产力 5.累积影响力 6.展现勇气

读的Brendon的第二本书，看它的视频有两年多了，从这本新书里也能读到他之前讲过的很多内容，很喜欢这本书的格式，将成功者的共通点分门别类，总结筛选出6个最有用的习惯，但又不像Richard的8 to be great一样那么笼统，只列出名言，而是用他研究了几十年的脑科学、神经科学、心理学实验、无数的调查问卷，来为他的观点做背书，而且每章开头都有一个实际的例子去引导，很容易进入情景，一如既往的支持！

听了下书摘，试一试

绝对5星，这种惊艳赶超10年前第一次阅读《七个习惯》《把时间当做朋友》等汤。实操为王，单刀直入。书评还要分上下篇，待我慢慢写来。

全文论述了6个提升performance的好习惯，大多可直接实践，“找到必要性，提升达成热情”这个思维习惯对我影响尤为明显，往大了说该习惯可使人的思维持续保持正向，往小了说就是可以不断给自己“灌鸡汤”，最终达成目标，当然这个鸡汤是褒义。

很有实际价值的一本书，需要打鸡血时可以读一读。作者的网站上有很多相关的practice sheets

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书评

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