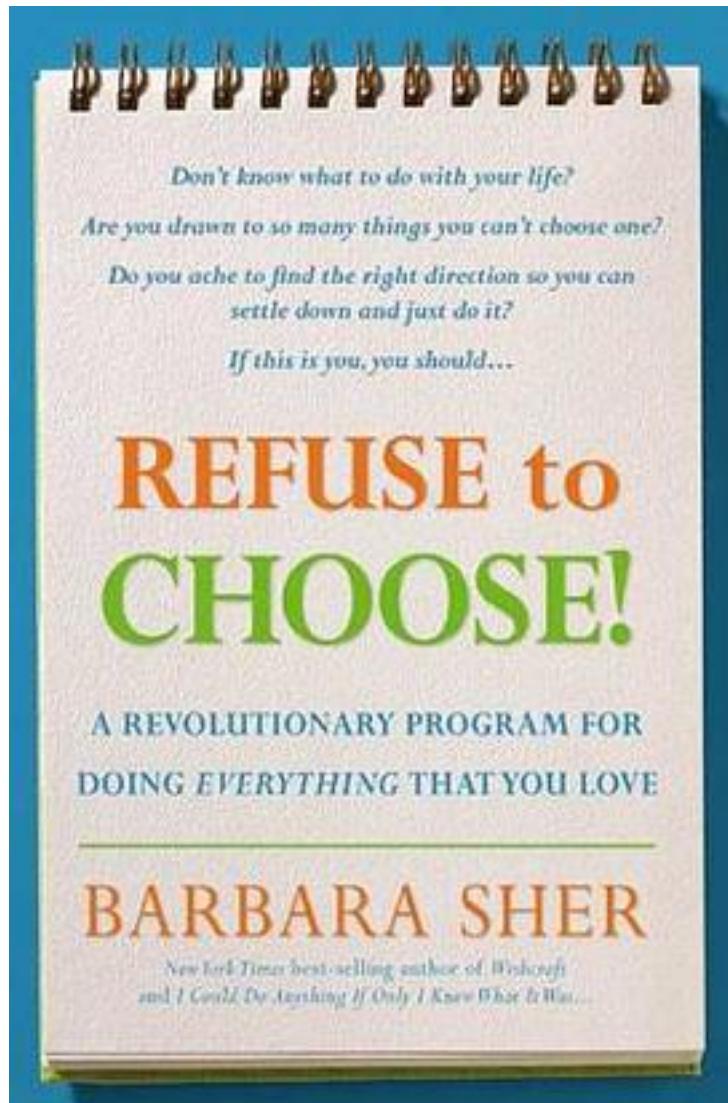


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著者:Barbara Sher

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Don't know what to do with your life? Drawn to so many things that you can't choose just one? "New York Times" best-selling author Barbara Sher has the answer--do **EVERYTHING**

With her popular career counseling sessions, motivational speeches, workshops, and television specials," Barbara Sher has become famous for her extraordinary ability to help people define and achieve their goals. What Sher has discovered is that some individuals simply cannot, and should not, decide on a single path; they are genetically wired to pursue many areas. Sher calls them "Scanners"--people whose unique type of mind does not zero in on a single interest but rather scans the horizon, eager to explore everything they see.

In this groundbreaking book, readers will learn:

what's behind their "hit and run" obsessions

when (and how) to finish what they start

how to do everything they love

what type of Scanner they are (and which tools they need to do their very best work)

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标签

Scanner

英文

自我管理

自我

管理

知识管理

手账

工具书

评论

somewhat helpful

认真看了三分之一后面不愿意看了，不是鸡汤，是鸡血。反正不管你是缺乏行动，做事有头无尾，还是三分热度，都是因为你脑子太聪明multitalented。其中Daybook的方法论（把自己平时乱七八糟的想法和思考和想做的事和怎么做都记下来，并在有新想法时做批注Update）跟美术里的Sketchbook差不多，如果能当个爱好坚持有了一定积累或许可以为自己未来想做的事提供一些思路。如果是因为职业规划来看这本书的话个人不推荐。

给三分钟热度的好奇心的救赎，给全方面都是在新手村的高手一条明路。这本书是作者以一个life coach的身份各种灌鸡汤，给了些许勺子。但还是觉得没有科学事实的backup 我很难心甘情愿接受自己这scanner的脑袋在某些方面超越于常人的这个statement.....

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