Just Ask the Right Questions to Get What You Want

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出版者:

出版时间:

装帧:

isbn:9780273712787

Do you know what holds you back more than anything else? Ian Cooper believes the answer is simple: we are all held back by our failure to ask for what we want. He believes that by asking the right questions of others and ourselves we can all achieve personal and professional success.

Ian Cooper puts each of us on the path to success by:

Revealing the golden rules of asking.

Introducing his formula: the 'Technology of Questions'

Enabling us to change our mindsets to 'Just Ask'

Demonstrating how particular types of questions can be used in varied situations.

Encouraging us to consider a whole range of personal thought questions, which focus on particular issues to enhance the quality of our lives and improve our personal performance.

作者介绍:

Ian Cooper is a leading consultant in business development and communications, a skills trainer and presenter for professional practices and service organisations. He has written 10 books and broadcasted many times on radio and TV.

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标签

Psychology

评论

是一本工具书也是一本心理学书，阻碍我们的往往不是答案而是问题，能提出问题，敢于提出问题，提出正确的问题，以及用正确的方式提问题。做好这些真的可以得到、实现很多我们需要的。特别困难的时候，可以读一读，找找提问题的灵感。

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