Self-Awareness (HBR Emotional Intelligence Series)
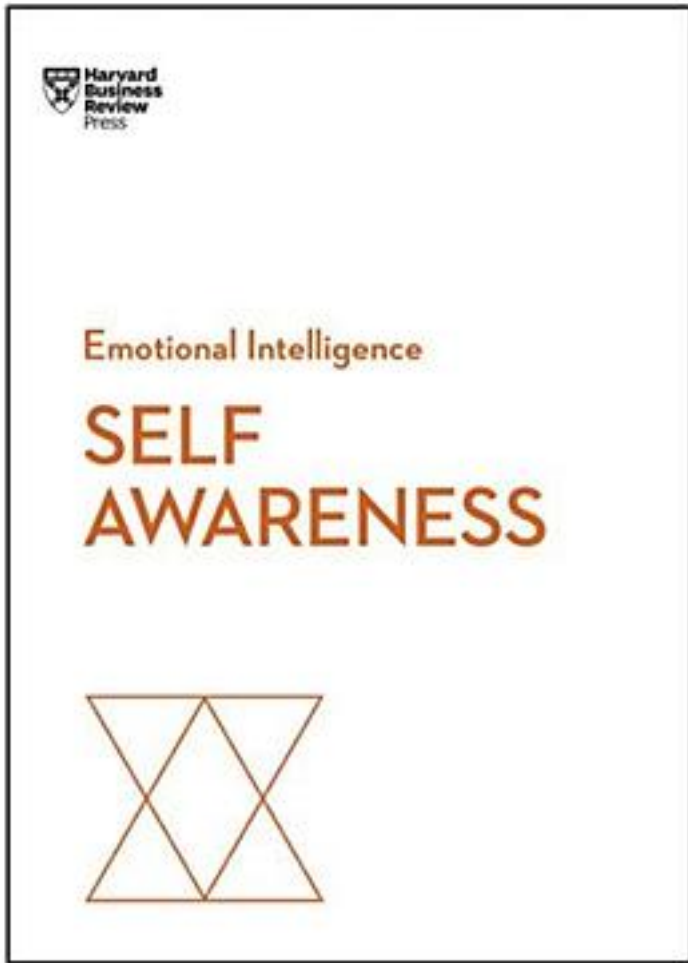
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Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone.This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses.This volume includes the work of:Daniel GolemanRobert Steven KaplanSusan DavidHOW TO BE HUMAN AT WORK.The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

作者介绍:

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评论

somewhat inspiring

文章参差不齐，但某些建议值得收藏且能让人获得启迪和动力

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