

Lift



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著者:Ryan W Quinn

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Just as the Wright Brothers combined science and practice to finally achieve the dream of flight, Ryan and Robert Quinn combine research and experience to demonstrate how we can elevate ourselves and the situations and people around us to greater heights of integrity, openness, and achievement to achieve the psychological equivalent of aerodynamic lift. Solidly based in social science literature with a special focus on recent advances in the study of positive psychology and strengths based leadership, as well as Robert Quinn's groundbreaking work on organizational effectiveness, "Lift" identifies four mindsets that will enable us to become a consistently positive influence in every aspect of our lives: being purpose centered, internally directed, other focused, and externally open. Separate chapters explore each of these components in depth, analyzing the psychological and social factors that keep people from applying them and what we can do to overcome those obstacles. Although exercises and tools are included throughout to help you understand and apply the authors' lift framework as well as compelling stories of personal and professional applications of lift this is not a book about tactics. Instead, the Quinns challenge you to ask, 'What can I do to be a positive influence, rather than simply try to wield influence in a positive way?'.

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