

人性的优点



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《人性的优点》告诉你如何摆脱忧虑，重新扬起生活风帆的书。《人性的优点》字里行间洋溢着作者积极向上、笑面困境的乐观态度，汇集了卡耐基的智慧精华和最激励人心的内容，是卡耐基最成功的励志经典之一。它通过分析许多跟你我一样的普通人面临忧虑时如何走出困境的真实案例，让你明白如何化解人际危机、缓解精神紧张、避免情绪低落，从而摆脱忧虑困扰，最终走出人生的泥淖，重新步入幸福快乐的人生轨道。

作者介绍:

戴尔·卡耐基，美国“成人教育之父”。20世纪早期，美国经济陷入萧条，战争和贫困导致人们失去了对美好生活的愿望，而卡耐基独辟蹊径地开创了一套融演讲、推销、为人处世、智能开发于一体的教育方式，他运用社会学和心理学知识，对人性进行了深刻的探讨和分析。他讲述的许多普通人通过奋斗获得成功的真实故事，激励了无数陷入迷茫和困境的人，帮助他们重新找到了自己的人生。

接受卡耐基教育的有社会各界人士，其中不乏军政要员，甚至包括几位美国总统。千千万万的人从卡耐基的教育中获益匪浅。

卡耐基在实践的基础上撰写而成的著作，是20世纪最畅销的成功励志经典。他的主要代表作有《人性的弱点》、《人性的优点》、《语言的突破》、《人性的弱点全集》。这些书出版后，立即风靡全世界，先后被翻译成几十种文字，被誉为“人类出版史上的奇迹”，无数读者由此走上了成功之路。

目录: Sixteen Ways in Which This Book Will Help You Preface How This Book Was Written-and Why Part One / Fundamental Facts You Should Know about Worry Chapter 1 Live in "Day-tight Compartments" Chapter 2 A Magic Formula for Solving Worry Situations Chapter 3 What Worry May Do to You Part Two / Basic Techniques in Analysing Worry Chapter 4 How to Analyse and Solve Worry Problems Chapter 5 How to Eliminate Fifty Per Cent of Your Business Worries Part Three / How to Break the Worry Habit Before It Breaks You Chapter 6 How to Crowd Worry Out of Your Mind Chapter 7 Don't Let the Beetles Get You Down Chapter 8 A Law That Will Outlaw Many of Your Worries Chapter 9 Co-operate with the Inevitable Chapter 10 Put a "Stop-Loss" Order on Your Worries Chapter 11 Don't Try to Saw Sawdust Part Four / Seven Ways to Cultivate A Mental Attitude That Will Bring You Peace and Happiness Chapter 12 Eight Words That Can Transform Your Life Chapter 13 The High Cost of Getting Even Chapter 14 If You Do This, You Will Never Worry about Ingratitude Chapter 15 Would You Take a Million Dollars for What You Have? Chapter 16 Find Yourself and Be Yourself: Remember There Is No One Else on Earth like You Chapter 17 If You Have a Lemon, Make a Lemonade Chapter 18 How to Cure Melancholy in Fourteen Days Part Five / How to Keep from Worrying about Criticism Chapter 19 Remember that No One Ever Kicks a Dead Dog Chapter 20 Do This — and Criticism Can't Hurt You Chapter 21 Fool Things I Have Done Part Six / Six Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirits High Chapter 22 How to Add One Hour a Day to Your Waking Life Chapter 23 What Makes You Tired — and What You Can Do about It Chapter 24 How the Housewife Can Avoid Fatigue — and Keep Looking Young Chapter 25 Four Good Working Habits That Will Help Prevent Fatigue and Worry Chapter 26 How to Banish the Boredom That Produces Fatigue, Worry, and Resentment Chapter 27 How to Keep from Worrying about Insomnia Part Seven / How to Find the Kind of Work in Which You May Be Happy and Successful Chapter 28 The Major Decision of Your Life Part Eight / How to Lessen Your Financial Worries Chapter 29 "Seventy Per Cent of All Our Worries..." Part Nine / "How I Conquered Worry" — 32 True Stories 1. Six Major Troubles Hit Me All at Once 2. I Can Turn Myself into a Shouting Optimist within an Hour 3. How I Got Rid of an Inferiority Complex 4. I Lived in the Garden of Allah 5. Five Methods I Use to Banish Worry 6. I Stood Yesterday. I Can Stand Today 7. Did Not Expect to Live to See the Dawn 8. Go to the Gym to Punch the Bag or Take a Hike Outdoors 9. Was "The Worrying Wreck from Virginia Tech" 10. Have Lived by This Sentence 11. Hit Bottom and Survived 12. Used to Be One of the World's Biggest Jackasses 13. Have Always Tried to Keep My Line of Supplies Open 14. I Heard a Voice in India 15. When the Sheriff Came in My Front Door 16. The Toughest Opponent I Ever Fought Was Worry 17. I Prayed to God to Keep Me Out of an Orphans' Home 18. I Was Acting like a Hysterical Woman 19. I Learned to Stop Worrying by Watching My Wife Wash Dishes 20. I Found the Answer — Keep Busy! 21. Time Solves a Lot of Things 22. I Was Warned Not to Try to Speak or to Move Even a Finger 23. I Am a Great Dismissal 24. If I Had Not Stopped Worrying, I Would Have Been in My Grave Long Ago 25. One at a Time Gentleman, One at a Time 26. I Now Look for the Green Light 27. How John D. Rockefeller Lived on Borrowed Time for Forty-five Years 28. Reading a Book on Sex Prevented My Marriage from Going on the Rocks 29. I Was Committing Slow Suicide Because I Didn't Know How to Relax 30. A Real Miracle Happened to Me 31. Setbacks 32. I Was So Worried I Didn't Eat a Bite of Solid Food for Eighteen Days

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标签

卡耐基

心理学

励志

评论

国内出的英文版只有这个几乎没有错别字问题。

看完《弱点》接着看的这一版的《优点》，一上来感觉像是传销机构的说教之词，随着坚持往下看，才渐渐体会到卡耐基的良苦用心，他在用他的经历与阅历手把手教给我们那些做人做事的经验，最纯粹的经验，好书，值得推荐!

书评

提到人性这个话题，我们都不由自主的想到卡耐基先生的《人性的弱点》。他从人性的弱点出发，步步剖析，为根除人性的弱点开出了有效的处方。而他又在著作《人性的优点》中通过对人性的研究，运用心理和社会学知识，对人类共同的心理特性进行了深入的揭示，并告诉我们认识自己、...

读这本书是自己上一年最焦虑的时候，当时，现实把之前自己不切实际的外贸发财梦破灭，在一间外贸工厂工作了一个月，果断辞职，待业在家，每天不是在找工作，就是在找工作的路上，身心疲倦，每天都生活在焦虑，彷徨，迷茫和对未来的恐惧当中，特别是爸妈无言的压力，和周围...

有种力量，不拘于形式却能直击人类灵魂深处并发起对话，这就是语言的艺术之美。语言不论动静巨细，如演说家在台上慷慨陈词，如执墨者于书中窥探人生，总有一些片段会秒杀大众。有所读必有所思，以下是我读卡耐基《人性的优点》一书所感悟到的林林总总。 人的一生多少会与烦恼...

其实从本科开始，我就看了很多很多本励志书（当然你也可以称这些书为“成功学书籍”），有一些质量还不错的，比如《谁动了我的奶酪》、《致加西亚的信》等等，也有一些质量比较低劣的，但是总的来说，看到最后，我就发现，这些所谓的“励志书籍”很多都是同一个套路，鲜有新意...

昨天公司人力资源部小姐说要给我生日礼物，其实生日都过了一个月了，心想公司这个小福利还不赖。礼物盒里面是一堆书，我拣了本最厚的拿回宿舍。原来是《人性的优点》，还是中英对照的，有意思。正好可以打发无聊的时间了。顺便也熟悉下久违的英语。呵呵，慢慢看。

這應當是一本相當不錯的書，用講故事的方式和平易近人的口吻講述著生命的哲學。對於暢銷書沒什麼好感，還是把它歸于經典更妥，：）
以下是片斷摘及少許聯想，最引起我共鳴之處。 -----
對我們來說最重要的，就是不要去看遠方模糊的事，而要做手...

This book, written half a century ago, brought together a series of stories where practical strategies were used for overcoming worry problems. Appropriate use of these strategies may help build up confidence and lead to a happy life free of worry. One of ...

1. Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand. Thomas Carlyle 2. Lead, kindly Light... Keep thou my feet: I do not ask to see The distant scene; one step enough for me. from a church humn...

我原本對於勵志書籍採取一掃而過的態度，無非是出版社排些醒目大標題，腰封上印刷著聳人聽聞的推薦語錄和成功案例吸引眼球以獲得最大利潤的营销手段而已。那是失業者和空想者才會著迷的東西。

有一天，我偶然在Pageone翻看了兩頁《人性的優點》，當時我正處與非常焦爐的狀...

在当代高节奏的社会中，越来越多的人开始焦虑，不安。他们埋怨着过去的种种，又对明天一次次失望，然后让浑浑噩噩的今天又一次成为失败的昨天。
所以就需要我们把握今天，将今天的每件事做好，享受今天的每分每秒。关上通往过去和未来的铁门，走出禁锢自己的牢笼，勇敢的享受今...

But she refused to be pitied, refused to be considered “different”, As a child, she wanted to play hopscotch with other children, but she couldn’t see the markings. So after the other cluldren had gone home, she got down on the ground and cr...

本书以轻松，给人信心的基调来诠释观点，并配以实例说明。让人不易感到枯燥并让人警醒。很可贵的是读起来很有意思，没有说教色彩。推荐情绪低落、忧郁、烦躁、缺乏信心的人可以读一读。可以使人心情舒缓、放松、愉悦，对自己不再过分苦恼与严苛。但任何形式的情绪问题都需要自...

知晓一切就是为了去理解一切 忘恩负义是人类的天性
不要因为他人忘恩负义而不快乐，要认识到，这不过是一件很自然的事情。
认真想一想我们所拥有的一切 大多数时候 我们所担心的事情都是微不足道的
甚至毫无意义 世上最好的三个医生是良好的饮食习惯 平和的心境和愉快的心情 ...

About 3 months ago, I had a casual meeting with this book, At that time , my colleague was reading it. he told me this book could help us take worry away and in the meantime we could go over the words. So i picked it up and read it. From that time , i...

“接受最坏的境遇，能让人获得真正的内心的平和。我想，从心理学角度看。这是一种能量的释放”林语堂先生如是说。直面困境，就会感到一种前所未有的平静，就会有一颗清醒的内心去独立思考。但是，一些人在愤怒的喧嚣中毁掉了自己的生活，他们拒绝尝试，拒绝挽回，纠缠于痛苦的...

在这个信息爆炸的年代，充斥着各种各样的信息，在这样一个年代里，忧虑的人越来越多，怎么不忧虑，如何获得内心的平静变得尤为重要。本书没有什么新理论，而是要提醒你已知理论、学到的知识在实际生活中加以实践。同时，为了证明理论，作者真是煞费苦心，里面的例子特别...

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