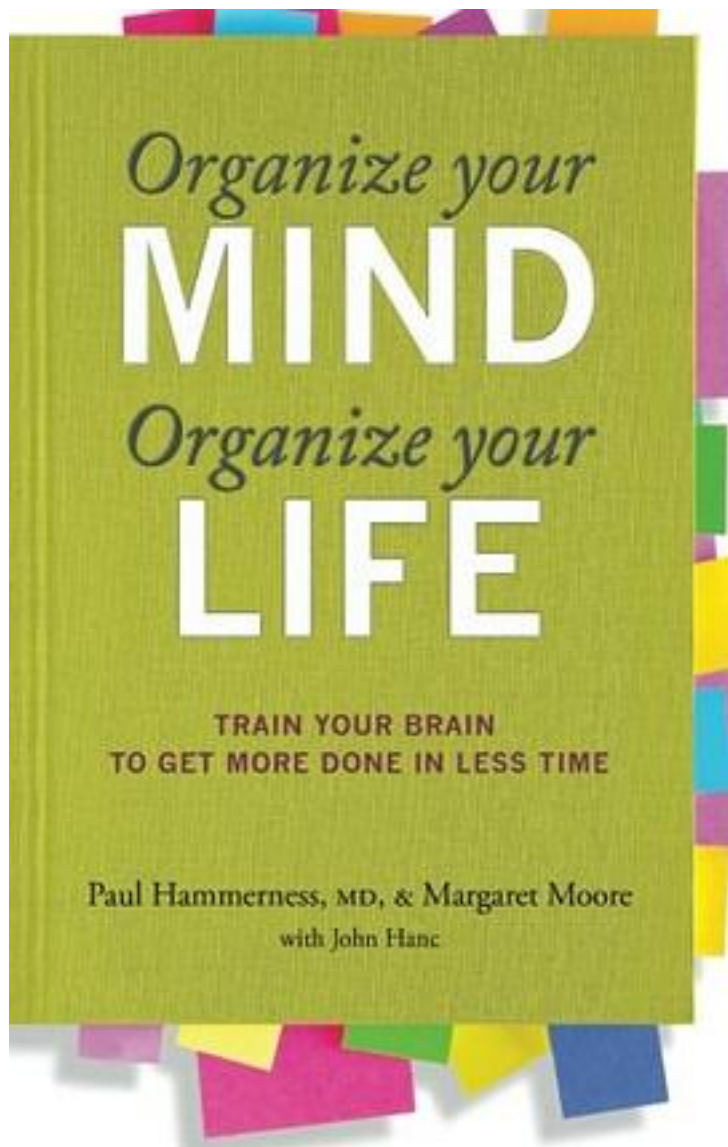


# Organize Your Mind, Organize Your Life



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The key to a less hectic, less stressful life is not in simply organizing your desk, but organizing your mind. Dr. Paul Hammerness, a Harvard Medical School psychiatrist, describes the latest neuroscience research on the brain's extraordinary built-in system of organization. Margaret Moore, an executive wellness coach and codirector of the Institute of Coaching, translates the science into solutions. This remarkable team shows you how to use the innate organizational power of your brain to make your life less stressful, more productive and rewarding. You'll learn how to: -Regain control of your frenzy -Embrace effective uni-tasking (because multitasking doesn't work) -Fluidly shift from one task to another --Use your creativity to connect the dots This groundbreaking guide is complete with stories of people who have learned to stop feeling powerless against multiplying distractions and start organizing their lives by organizing their minds.

作者介绍:

目录:

[Organize Your Mind, Organize Your Life\\_ 下载链接1](#)

## 标签

个人管理

时间管理

情绪

心理学

## 评论

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## 书评

全书所有的“情感”，建议都改成“情绪”。

情绪（emotion）是个心理学术语，情绪管理是修炼自制力的重要过程。负面情绪，包括烦躁、愤怒、悲哀、颓废等情绪的管理，占这本书内容的几乎一半。

情感在中文中是个日常用语，不够精确，而且很容易让人误解，以为说的是爱情、友情

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1、由内而外掌握自己的人生、命运 2、和《大学》中修齐治平有相似之处

3、对自我的认知是自控力的基础，知道自己是谁，追求什么

4、掌控自己的情绪、思想、反应

5、提高自控力不是灭人欲、压抑自我,而是以自己内心的渴望为起点，掌控内心，不被情绪所支配，释放自身能力，成就...

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