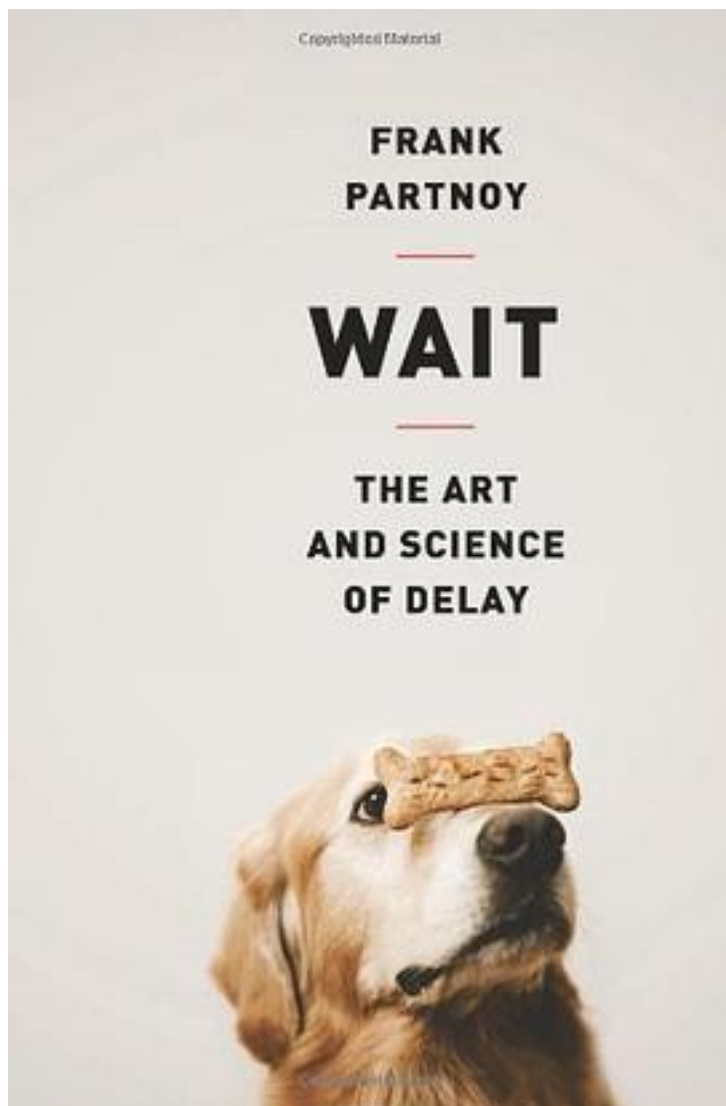


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著者:Partnoy, Frank

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What do these scenarios have in common: a professional tennis player returning a serve, a woman evaluating a first date across the table, a naval officer assessing a threat to his ship, and a comedian about to reveal a punch line?

In this counterintuitive and insightful work, author Frank Partnoy weaves together findings from hundreds of scientific studies and interviews with wide-ranging experts to craft a picture of effective decision-making that runs counter to our brutally fast-paced world. Even as technology exerts new pressures to speed up our lives, it turns out that the choices we make—unconsciously and consciously, in time frames varying from milliseconds to years—benefit profoundly from delay. As this winning and provocative book reveals, taking control of time and slowing down our responses yields better results in almost every arena of life ... even when time seems to be of the essence.

The procrastinator in all of us will delight in Partnoy's accounts of celebrity "delay specialists," from Warren Buffett to Chris Evert to Steve Kroft, underscoring the myriad ways in which delaying our reactions to everyday choices—large and small—can improve the quality of our lives.

作者介绍:

●美国圣迭戈大学法学、金融学教授。早年从耶鲁大学法学院毕业后，进入瑞士信贷第一波士顿银行开始了在华尔街的职业生涯。后转投著名投资银行摩根士丹利。曾在安然公司破产后作为专家证人在美国参议院立法委员会作证。

●帕特诺伊是世界顶级的市场管理专家，因撰写的畅销书《泥鸽靶》详细揭露了华尔街金融市场内幕，轰动一时。常受邀担任《金融时报》《纽约时报》《60分钟时事》的评论员。已出版作品有《火柴大王》《诚信的背后》（F.I.A.S.C.O）等。

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标签

心理学

等待：延迟的艺术与科学

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李斯特

评论

取舍之道，行思之间，得失仅为最后结果。

道理讲得头头是道，还不错。是给拖延症患者的完美借口。

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书评

足足3个月没有认真写过读书笔记，说来惭愧，足足也有三个月没有静心读完哪怕一本好书，心存焦虑未完成计划的愧疚感与现实中的各种压力交织，令人心绪不安却又在这几个月时间里确实一事未成，忽然意识到自己也开始有了曾经痛恨不已的拖延症征兆，是时候需要改变自己了。 ...

- 1.从“延迟”这个维度来看问题，有不一样的思考。
- 2.第一，花时间思考。不求快，先保证思考质量。正确的方向比速度更重要。
- 3.第二，等待时机。有些事情本身是快不来的，需要等待时间流逝，看它慢慢演化。
- 4.第三，延迟满足。诱惑总是那么方便，触手可得。有什么方法能让诱惑选...

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