

The Chimp Paradox The Mind Management Program To Help You Achieve Success Confidence And Happinesschimp Paradoxpaperback

Traditional Chinese edition of Difficult Conversations: How to Discuss What Matters Most by Douglas Stone. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Traditional Chinese edition of The Art of Fielding. Amazon Best Books of the Month, September 2011 In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Leadership used to be about telling people to go where you sent them— now it's about persuading them to come with you. Old leaders needed to create an artificial persona of infallible authority to issue orders that were obeyed – today's leaders need to uncover their own authentic leadership personality and bring that open and honest self to conversations that bring others to willing and lasting change. To do so effectively they need to unlearn old leadership behaviours and develop totally different ones. In Leading by Coaching Nick Marson shows how. Leaders are shown how to “Look In” to develop greater self-awareness, “Look Out” to others by utilising a coaching approach, and “Look Beyond” to face uncertainty, manage adaptability and acquire resilience. Marson's approach is based on deeply researched principals, multiple social science disciplines, the latest cognitive, neurological and psychological research, and in-depth research interviews with over 20 CEOs and senior executives. It has been developed and refined over many years of practice. If leaders want to drive impactful change, they need to understand how to hold the coaching conversations that power it. They need to lead by coaching.

Are you searching for more purpose in your life, and want to understand yourself better? Do you feel isolated, as no one else seems to be on your wave-length? Are you feeling misplaced in work, and finding it hard to focus? Are you looking for something deeper, and more fulfilling? Heidi Sawyer has used the principles and techniques she shares in this book to help thousands of Highly Intuitive People to connect to their life purpose, understand their psychological and emotional needs, and have deeply fulfilling relationships. Her clients have learnt that their intuitive senses can be a blessing, rather than a painful, disabling sensitivity they would rather lose. Woven amongst the fascinating discoveries she has made about how Highly Intuitive People experience life, and proven, practical tools to support their happiness, Heidi shares her own story as a Highly Intuitive Person moving through trauma to success. This book will help you to understand and restore your faith in your unique abilities, so that you can learn to work with them rather than against them.

Traditional Chinese edition of Talent Is Overrated:What Really Separates World-Class Performers from Everybody Else. The author contents that "genius with talents" are not what they seem. Their excellence comes from practice, practice, and more practice which build self confidence. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

A refreshingly practical guide to real-world continuous improvement Lean Six Sigma for Leaders presents a no-frills approach to adopting a continuous improvement framework. Practical, down-to-earth and jargon-free, this book outlines the basic principles and key points of the Lean Six Sigma approach to help you quickly determine the best course for your company. Real-world case studies illustrate implementation at various organisations to show you what went right, what went wrong, what they learned and what they would have done differently, giving you the distilled wisdom of hundreds of implementations with which to steer your own organisation. Written from a leader's perspective, this quick and easy read presents the real information you need to make informed strategic decisions. While many organisations have implemented either Lean or Six Sigma, there is a growing interest in a combined approach; by implementing the most effective aspects of each, you end up with a more potent, adaptable system that benefits a wider range of organisations. This book shows you how it works, and how to tailor it to your organisation's needs. Understand the basic principles and key aspects of Lean Six Sigma Examine case studies of organisations that have implemented the framework Build on the lessons learned by other leaders to shape your own path Achieve continuous improvement by creating the right environment for success In theory, every organisation would like to attain continuous improvement — but what does that look like in day-to-day practice? How is it structured? What practices are in place? How can you implement this new approach with minimal disruption to daily operations? Lean Six Sigma for Leaders answers these questions and more, for a clear, actionable guide to real-world implementation.

FROM THE AUTHOR OF THE MILLION-COPY SELLING The Chimp Paradox How can we help our children: · become more resilient? · get over mistakes? · develop a positive outlook? And, what can we do to become better role models? Prof Steve Peters uses his Chimp Mind Management Model to help parents, teachers and carers understand the neuroscience behind unconscious beliefs and habits that may be silently guiding children's emotions, thinking and behaviours. The Silent Guides explores ten positive habits and many related themes taken from the children's educational book My Hidden Chimp. Prof Steve Peters helps challenge unhelpful behaviours such as: · being overly self-critical · fear of failure · low self-esteem

Chinese edition of The Power of Your Subconscious Mind. It is as powerful, practical today as it was in 1963 when it was first published. The suggestions in the book for developing our subconscious mind are well defined and have proven effective for almost fifty years. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

From Dale Carnegie's How to Win Friends and Influence People, published in 1936, which has sold over 30 million copies to date, to the mind management programme of Professor Steve Peters' The Chimp Paradox, a concise and insightful guide to seventy of the most influential self-help books ever published An entertaining, accessible companion, for readers of self-help books and sceptics alike. The titles include classics on achieving success, confidence and happiness, mindfulness, how to change your life, self-control, overcoming anxiety and self-esteem issues and stress relief. The chronological arrangement of the titles reveals the intriguing story of how early self-improvement titles were succeeded by increasingly personality-based, materialistic titles and shows how breakout classics often influenced other titles for decades to come. Each book is summarised to convey a brief idea of what it has to offer the interested reader, while a 'Speed Read' for each book delivers a quick sense of what each writer is like to read and a highly compressed summary of the main points of the book in question. This is a work of reference to dip into, that acknowledges that some of the most powerful insights into ourselves can be found in texts that aren't perceived as being 'self-help' books, and that wisdom and consolation can be found in the strangest places.

Traditional Chinese edition of Becoming: A Guided Journal for Discovering Your Voice

ReviewComley's argument is clear, honest, logical and jargon-free. He also throws in some astonishing stats, such as this one: that 6% we lose every year totals £170 billion -- or £3,000 for every man, woman and child in the UK. That's a lot of money the finance industry makes from us. Best of all, Monkey With A Pin isn't selling you the dream of getting rich quick. In fact, it isn't selling anything at all. --Harvey Jones, Journalist, Motley Fool Monkey With A Pin explains to you exactly why neither you nor the fund managers you hire to run your money for you ever seem to make the kind of returns studies show the equity market is supposed to offer. --Merryn Somerset Webb, Editor-in-Chief, MoneyWeekBook DescriptionFor the first time, this book exposes exactly how most private investors perform in real life. It shows they are likely to perform 6% a year worse than the industry's theoretical predictions of their returns (whether using funds or direct investing). The book reveals that many have earned less than

