

Personal Development For Smart People The Conscious Pursuit Of Growth Steve Pavlina

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film The United States vs. Billie Holiday and the documentary series The Fix. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

Learn to unlock the potential of your employees and colleagues with this definitive resource for people management People Strategy: How to Invest in People and Make Culture Your Competitive Advantage provides readers with a powerful framework in which to develop high-performing teams, increase employee motivation, and use data to build an inviting and effective company culture. Author Jack Altman, cofounder and CEO of Lattice, an award-winning HR and performance management platform, shows you how to: Establish the values that will form the bedrock of your organization Develop feedback processes that help employees feel heard, supported, and equipped to succeed Monitor the breadth and depth of employee engagement in your company Use the data and insights created by your People Strategy to drive business results Perfect for executives, managers, and human resource professionals, People Strategy also belongs on the bookshelves of anyone with even an interest in how to develop, nurture, and unlock the potential of their employees and colleagues.

Make the most of your creative and intellectual gifts by overcoming the unique challenges they bring with this guide by the author of Natural Psychology. Many smart and creative people experience unique challenges as a result of their valuable gifts. These can range from anxiety and over-thinking to mania, depression, and despair. In Why Smart People Hurt, creativity coach Dr. Eric Maisel pinpoints these often-devastating challenges and offers solutions based on the groundbreaking principles and practices of natural psychology. Are you still searching for meaning after all these years? Many smart people struggle with reaching for or maintaining success because, after all of the work they put into attaining it, it still seems meaningless. In Why Smart people Hurt, Dr. Maisel will teach you how to stop searching for meaning and create it for yourself. In Why Smart People Hurt, you will find: · Evidence that you are not alone in your struggles · Strategies for coping with a brain that goes into overdrive at the drop of a hat · Questions that will help you create your own personal roadmap to a calm and meaningful life

In many jobs people work their way up through a hierarchy, an experience that prepares them for managing a team. In some professions, such as law, finance, accountancy, academia, engineering, education and healthcare, individuals may find themselves managing a team of equals. This book uses 50 simple lessons to show the reader in concise, pithy prose how to manage a team of equals with intelligence and diplomacy. Each lesson features a short introduction and example from the authors' experience, showing you how skills can be acquired. These are then followed by 6-10 action points to implement immediately. Core leadership skills are reevaluated for the leader of a smart team. The book teaches you core skills such as decision making and delegating, but also soft skills such as delivering good and bad news to team members and how to realise more general aims such as building trust and growing your team. The authors also offer advice on how to look after yourself as a team leader, how to build resilience in tough situations, but also how to develop creativity and extend your skill base so that you are constantly learning.

The Encyclopaedia Britannica

The New Psychology of Success

Get Things Done

How to Succeed in School Without Spending All Your Time Studying: A Guide for Kids and Teens

Blind Spots

A Handbook of Agile Software Craftsmanship

How to Grow Your People to Grow Your Company

Despite promises of "fast and easy" results from slick marketers, real personal growth is neither fast nor easy. The truth is that hard work, courage, and self-discipline are required to achieve meaningful results—results that are not attained by those who cling to the fantasy of achievement without effort. Personal Development for Smart People reveals the unvarnished truth about what it takes to consciously grow as a human being. As you read, you'll learn the seven universal principles behind all successful growth efforts (truth, love, power, oneness, authority, courage, and intelligence); as well as practical, insightful methods for improving your health, relationships, career, finances, and more. You'll see how to become the conscious creator of your life instead of feeling hopelessly adrift, enjoy a fulfilling career that honors your unique self-expression, attract empowering relationships with loving, compatible partners, wake up early feeling motivated, energized, and enthusiastic, achieve inspiring goals with disciplined daily habits and much more! With its refreshingly honest yet highly motivating style, this fascinating book will help you courageously explore, creatively express, and consciously embrace your extraordinary human journey.

Adolescence“beginning with the onset of puberty and ending in the mid-20s”is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence“rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

Find the time, clarity, and mental space to achieve your goals The Free-Time Formula helps you slow down time and get the important things done. We're all overworked, stressed, and always being asked to do more, and do it better; the days aren't getting any longer, so something has to give—don't let it be your sanity. This book provides a real-world framework for more effective time management that helps you prioritize, focus, clarify, and go. You'll begin with a time audit to assess your current stress, strategies, and output—and the results may shock you. From there, you'll work step-by-step toward a new daily routine that will help you become the focused, efficient achiever you've been trying to be for so long. It's not about cramming more into your precious 24 hours, it's about figuring out what really matters to you, and getting the most important things done first. Every day. Never miss another big deadline, never flake on an important meeting, never be late to an appointment again. It is possible with great planning, and this book is your personal guide. Focused on action, not filler, this book is an excellent resource for those who want to achieve more, but do less. With a few simple changes, you'll find the time you've been missing and put it to more productive use. Define and prioritize your personal and professional goals and responsibilities Cut the distractions and clarify your daily objectives Adapt your workplace tools and environment to facilitate actual work Periodically self-assess, course-correct when needed, and plan for the future Rather than rush through another day leaving things un-done and roses un-sniffed, take a beat and a breath, and take back your day with The Free-Time Formula.

Business Models for Transforming Customer Relationships What if there were a way to turn occasional, sporadic transactions with customers into long-term, continuous relationships--while simultaneously driving dramatic improvements in operational efficiency? What if you could break your existing trade-offs between superior customer experience and low cost? This is the promise of a connected strategy. New forms of connectivity--involving frequent, low-friction, customized interactions--mean that companies can now anticipate customer needs as they arise, or even before. Simultaneously, enabled by these technologies, companies can create new business models that deliver more value to customers. Connected strategies are win-win: Customers get a dramatically improved experience, while companies boost operational efficiency. In this book, strategy and operations experts Nicolaj Siggelkow and Christian Terwiesch reveal the emergence of connected strategies as a new source of competitive advantage. With in-depth examples from companies operating in industries such as healthcare, financial services, mobility, retail, entertainment, nonprofit, and education, Connected Strategy identifies the four pathways--respond-to-desire, curated offering, coach behavior, and automatic execution--for turning episodic interactions into continuous relationships. The authors show how each pathway creates a competitive advantage, then guide you through the critical decisions for creating and implementing your own connected strategies. Whether you're trying to revitalize strategy in an established company or disrupt an industry as a startup, this book will help you: Reshape your connections with your customers Find new ways to connect with existing suppliers while also activating new sources of capacity Create the right revenue model Make the best technology choices to support your strategy Integrating rich examples, how-to advice, and practical tools in the form of "workshop chapters" throughout, this book is the ultimate resource for creating competitive advantage through connected relationships with your customers and redefined connections in your industry.

The Kingdom on the Waves

Developing Exemplary Performance One Person at a Time

How to Think and Act Like the Most Successful and Highest-Paid People in Every Field

Teaching Smart People How to Learn

Problem Solving 101

Lessons from the Life-Changing Science of Behavioral Economics

Why Smart People Hurt

When he and his tutor escape to British-occupied Boston, Octavian learns of Lord Dunmore's proclamation offering freedom to slaves who join the counterrevolutionary forces. 75,000 first printing.

A proven model for achieving peak performance, one person at a time Why is it that some employees, regardless of their strong skills and knowledge base, still underperform? The answer may lie in other root causes in the workplace: the environment or culture, the available tools and resources or a lack of systems or processes. Isolating a root cause - and its corresponding performance opportunity- is the first step in helping an employee develop and grow. Only then can a targeted solution, whether a job redesign or one-on-one coaching or training, be identified and applied so that individuals can achieve peak performance. Developing Exemplary Performance One Person at a Time lays out a simple process to identify the "right" performance focus - one exemplary strength that can be leveraged and one "expandable" strength with development potential - and turn it into results that support an organization's overall strategy and success.

Looks at the principles and clean code, includes case studies showcasing the practices of writing clean code, and contains a list of heuristics and "smells" accumulated from the process of writing clean code.

** Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to define mindfulness, and how to use it. You will also learn : how the author came to work on the issue of personal development; what are the essential and secondary principles of this field; how to harmonize and fulfill these principles in order to achieve one's goals; how to apply concrete exercises to live consciously. When he just turned 19, Steve Pavlina was arrested for theft. During his imprisonment, he decides to improve and not make the same mistakes again. Upon his release, he returned to school to study time management techniques. After graduation, he made personal growth his priority and in 2004, he created his website, stevepavlina.com, which quickly gained popularity around the world. "Personal development for smart people" takes up the main principles outlined on his blog and gives the keys to achieving a life in full consciousness. *Buy now the summary of this book for the modest price of a cup of coffee!*

10 Days to Faster Reading

Why Smart People Make Dumb Mistakes

Learning How to Learn

Why Smart People Make Bad Decisions

A Simple Book for Smart People

Smart People Should Build Things

Black Hole Focus

Andrew Yang, the founder of Venture for America, offers a unique solution to our country's economic and social problems—our smart people should be building things. Smart People Should Build Things offers a stark picture of the current culture and a revolutionary model that will redirect a generation of ambitious young people to the critical job of innovating and building new businesses. As the Founder and CEO of Venture for America, Andrew Yang places top college graduates in start-ups for two years in emerging U.S. cities to generate job growth and train the next generation of entrepreneurs. He knows firsthand how our current view of education is broken. Many college graduates aspire to finance, consulting, law school, grad school, or medical school out of a vague desire for additional status and progress rather than from a genuine passion or fit. In Smart People Should Build Things, this self-described “recovering lawyer” and entrepreneur weaves together a compelling narrative of success stories (including his own), offering observations about the flow of talent in the United States and explanations of why current trends are leading to economic distress and cultural decline. He also presents recommendations for both policy makers and job seekers to make entrepreneurship more realistic and achievable.

"this book will show you how to develop your focus by being very selective with where you spend your mental energy. If you've failed to reach an important goal because you were distracted, misinformed, or overcommitted, then you know the role focus and selectivity play in achievement. Second, you will learn how to stop allowing your happiness and success to be dependent on other people and instead, start taking ownership over your life. Finally, you will learn the art of changing your life through pragmatic decisions and actions. Self-improvement is not the result of dramatic changes. Instead, science has shown that personal and professional change is initiated and sustained by consistent, practical changes. To grow, you must leverage the power of micro-decisions, personality responsibility, and mini-habits. Your own biology will not let you improve your life in any other way"--

Personal Development for Smart PeopleReadHowYouWant.com

Harness the Psychology of Food for a Healthy Lifestyle "...essential read for those of us trying to understand the mysteries behind the food choices and eating habits of today's consumer." Stephen M Ostroff, MD, former deputy commissioner, Foods and Veterinary Medicine, FDA Author and CEO Jack Bobo is a food psychology expert with over 20 years advising four U. S. Secretaries of State on food and agriculture. He's here to personally guide you on smarter food choices and improving your quality of life. Elusive healthy lifestyle. We have access to more nutrition facts and diet plans now than ever before. Consumers have never known more about nutrition and yet, have never been more overweight. For most Americans, maintaining a balanced diet is more difficult than doing their taxes. What are we doing wrong? Learn to eat better. Jack Bobo reveals how the psychology of food has been invisibly controlling us all along, in the grocery aisles, at restaurants, in front of the refrigerator, and in every other place we make crucial food choices. Behavioral science is changing the way we think about food and showing us how to develop healthy meal plans and deliver more balanced diets. Apply behavioral science to your diet plan. A balanced diet creates a healthy lifestyle routine and better quality of life. You can move beyond fad diets, pop science, and calls for ever greater willpower. Explore the deeper causes of hidden influences and mental shortcuts our minds use to process information and how they often prevent us from healthy eating habits. Why Smart People Make Bad Food Choices helps you:
• Understand the psychology behind hidden influences
• Make better decisions that lead toward a healthy diet
• Fear less and enjoy more the food you eat
• Become a positive force for the diets of those around you If you enjoyed books like Eat, Drink, and Be Healthy; SuperLife; How to Be a Conscious Eater; or How Not to Die; you'll love Why Smart People Make Bad Food Choices.

You are Not So Smart

Quacks, Hacks, and Big Pharma Flacks

Get Smart!

The Free-Time Formula

SUMMARY - Personal Development For Smart People By Steve Pavlina

Mindset

Robert Kelsey's What's Stopping You? has become a self-help classic. His What's Stopping You? books have helped thousands of people worldwide overcome their limiting beliefs and bash through their barriers to success. Now Robert is back to help us defeat the obstacles that stop us achieving more in our everyday lives. Many of us have the greatest of intentions but find ourselves procrastinating, which results in low attainment and frustrated ambitions. Grounded in solid psychological research Robert helps us examine why we might have these tendencies and how to overcome them in order to feel more together, in control and on-top of everything. Looks at the psychology behind why we procrastinate, in order to understand and change our behaviour, forming new, effective habits Provides practical solutions to help us 'get things done' in real life situations including meetings, on the phone, with e-mail, looking for a job and starting a business Includes techniques to improve focus and aid concentration Examines how disorganisation is not innate and how we can learn processes that will allow us to be more effective How to bring control to certain areas of your life and reduce stress and uncertainty Get Things Done is emotional ergonomics for the organisationally-challenged individual - at home, at work, with themselves, and with others.

Have you ever wondered how one day the media can assert that alcohol is bad for us and the next unashamedly run a story touting the benefits of daily alcohol consumption? Or how a drug that is pulled off the market for causing heart attacks ever got approved in the first place? How can average readers, who aren't medical doctors or Ph.D.s in biochemistry, tell what they should be paying attention to and what's, well, just more bullshit? Ben Goldacre has made a point of exposing quack doctors and nutritionists, bogus credentialing programs, and biased scientific studies. He has also taken the media to task for its willingness to throw facts and proof out the window. But he's not here just to tell you what's wrong. Goldacre is here to teach you how to evaluate placebo effects, double-blind studies, and sample sizes, so that you can recognize bad science when you see it. You're about to feel a whole lot better.

The fun and simple problem-solving guide that took Japan by storm Ken Watanabe originally wrote Problem Solving 101 for Japanese schoolchildren. His goal was to help shift the focus in Japanese education from memorization to critical thinking, by adapting some of the techniques he had learned as an elite McKinsey consultant. He was amazed to discover that adults were hungry for his fun and easy guide to problem solving and decision making. The book became a surprise Japanese bestseller, with more than 370,000 in print after six months. Now American businesspeople can also use it to master some powerful skills. Watanabe uses sample scenarios to illustrate his techniques, which include logic trees and matrices. A rock band figures out how to drive up concert attendance. An aspiring animator budgets for a new computer purchase. Students decide which high school they will attend. Illustrated with diagrams and quirky drawings, the book is simple enough for a middle-schooler to understand but sophisticated enough for business leaders to apply to their most challenging problems.

For anyone whose best-laid plans have been foiled by faulty thinking, Blunder reveals how understanding seven simple traps-Exposure Anxiety, Causefusion, Flat View, Cure-Allism, Infomania, Mirror Imaging, Static Cling-can make us all less apt to err in our daily lives.

Bad Science

Connected Strategy

PeopleSmart

Finding Happiness, Focus, and Productivity No Matter How Busy You Are

How Smart People Focus, Create and Grow Their Way to Success

How Intelligent People Can Create a Powerful Purpose for Their Lives

Building Continuous Customer Relationships for Competitive Advantage

WE ARE ALL in the people business because we deal with other people all the time. But do you sometimes reach out to others only to find your efforts misunderstood or rejected? Do you wish your relationships with people close to you were more harmonious and fulfilling? PeopleSmart is a practical guide for anyone who asks these questions, which means most of us at some time or other. It reveals a powerful plan for making your relationships more productive and rewarding-whether they are with a supervisor and coworkers or a spouse, relatives, and friends-by developing your interpersonal intelligence.

Packed with humor, inspiration, and advice, You Are a Badass is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this

refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of You Are a Badass, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

Discover the secrets for how to think and act like the most successful people in the world and reap the rewards! In today's constantly changing world, you have to be smart to get ahead. But the average person uses only about two percent of their mental ability. How can we learn to unleash our brain's full potential to maximize our opportunities, like the most successful people do? In Get Smart!, acclaimed success expert and bestselling author Brian Tracy reveals simple, proven ways to tap into our natural thinking talents and abilities and make quantum leaps toward achieving our dreams. In this indispensable guide, you'll learn to: · Train your brain to think in ways that create successful results · Recognize and exploit growth opportunities in any situation · Identify and eliminate negative patterns holding you back · Plan, act, and achieve goals with greater precision and speed Whether you want to increase sales, bolster creativity, or better navigate life's unexpected changes, Get Smart! will help you tap into your powerful mental resources to obtain the results you want and reap the rewards successful people enjoy.

No matter how busy you are, find quiet reflective moments in your life—and reduce your stress levels drastically—with this classic bestselling guide from a mindfulness expert. When Wherever You Go, There You Are was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

The Inspiration for the Feature Film "The United States vs. Billie Holiday"

Blunder

You Are a Badass®

The Intelligence Trap

The Promise of Adolescence

Realizing Opportunity for All Youth

Why Smart People Make Big Money Mistakes and How to Correct Them

Describes the ten most common thought patterns that lead to misunderstanding

*Jump-Start Your Reading Skills! Speed reading used to require months of training. Now you can rev up your reading in just a few minutes a day. With quizzes to determine your present reading level and exercises to introduce new skills quickly, 10 Days to Faster Reading will improve your reading comprehension and speed as it shows you how to: * Break the Bad Habits That Slow You Down * Develop Your Powers of Concentration * Cut Your Reading Time in Half* Use Proven, Specially Designed Reading Techniques * Boost the Power of Your Peripheral Vision * Learn How to Scan and Skim a Written Report ...And All in 10 Days!*

Why are your smartest and most successful employees often the worst learners? Likely, they haven't had the opportunities for introspection that failure affords. So when they do fail, instead of critically examining their own behavior, they cast blame outward—on anyone or anything they can. In Teaching Smart People How to Learn, Chris Argyris sheds light on the forces that prevent highly skilled employees for learning from mistakes and offers suggestions for helping talented employees develop more productive responses. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice-many of which still speak to and influence us today. The HBR Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each volume contains a groundbreaking idea that has shaped best practices and inspired countless managers around the world-and will change how you think about the business world today.

Stop being a seeker â€” Start being a finder!Self-development is an amazing quest. It's the desire to find your own freedom and happiness. It's about letting go of limitations, and learning how to live successfully.This book is a series of 16 simple â€œpep talksâ€ for that self-development journey.No hype, no rituals, no follow-on courses. Just a series of conversations to help you finally discover your own true freedom.Forget The Secret, set aside religious texts and ignore the so-called gurus.This book will guide you straight to the only true authority on your own self-development.You.

What Stops Smart People Achieving More and How You Can Change

The Conscious Pursuit of Personal Growth

Smart Growth

Lessons from the New Science of Behavioral Economics

Clean Code

Simple and Sure Techniques for Gaining Greater Control of Your Life

Wherever You Go, There You Are

"As a rule, I have found that the greater brain a man has, and the better he is educated, the easier it has been to mystify him" (Harry Houdini to Arthur Conan Doyle). Smart people are not only just as prone to making mistakes as everyone else-- they may be even more susceptible to them. This is the "intelligence trap," the subject of David Robson's fascinating and provocative book.The Intelligence Trap explores cutting-edge ideas in our understanding of intelligence and expertise, including "strategic ignorance," "meta- forgetfulness," and "functional stupidity." Robson reveals the surprising ways that even the brightest minds and most talented organizations can go wrong--from some of Thomas Edison's worst ideas to failures at NASA, Nokia, and the FBI. And he offers practical advice to avoid mistakes based on the timeless lessons of Benjamin Franklin, Richard Feynman, and Daniel Kahneman.

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Looks at famous business blunders, including the new Coke and Ed Rollins' election claims, suggests common causes for such mistakes, and suggests ways to avoid them

"...an absurdly motivating book." —A.J. Jacobs, New York Times bestselling author Don't get stuck on a career path you have no passion for. Don't waste your intelligence on something that doesn't really mean anything more to you than a paycheck. Let Isaiah Hankel help you define a focus so powerful that everything in your life will be pulled towards it. Create your purpose and change your life. Be focused. Be fulfilled. Be successful. Black Hole Focus has been endorsed by top names in business, entrepreneurship, and academia, including 4 times New York Times bestseller AJ Jacobs and Harvard Medical School Postdoc Director Dr. Jim Gould. The book is broken up into 3 different sections; the first section shows you why you need a purpose in life, the second section shows you how to find your new purpose, and the third section shows you how to achieve your goals when facing adversity. In this book, you will learn: How to understand what you really want in life and how to get it Why people with a powerful purpose live to 100 How to rapidly improve focus and change your life using the secret techniques of an international memory champion How people like Jim Carrey, Oprah Winfrey, and J.K. Rowling transformed pain into purpose How to start a business by avoiding willpower depletion and the life hack lie Black Hole Focus includes exclusive case studies from medical practitioners, research scientists, lawyers, corporate executives and small business owners who have used the techniques described in this book to achieve massive success in their own lives. About the Author: Dr. Hankel is an internationally recognized expert in the biotechnology industry and prolific public speaker. He's given over 250 seminars in 22 different countries while working with many of the world's most respected companies and institutions, including Harvard University, Oxford University, Roche Pharmaceuticals, Eli Lilly & Company, Baxter International and Pfizer. Dr. Hankel uses the science of purpose and the principles of entrepreneurship to help people achieve their biggest goals.

The Invisible Influences that Guide Our Thinking

People Strategy

Why Smart People Do Dumb Things

How to Restore Our Culture of Achievement, Build a Path for Entrepreneurs, and Create New Jobs in America

A Dictionary of Arts, Sciences, Literature and General Information

The Secret Art of Self-Development

Guide to Steve Pavlina's Personal Development for Smart People by Instaread

A Wall Street Journal bestseller Named one of 10 Best New Management Books for 2022 by Thinkers50 Creating a culture of learning and growth. Growth is the goal. Helping people develop their potential—enabling them to articulate and become the self they want to be, are capable of being, and that best serves them and others in the short and long term—is what we as individuals and leaders strive toward. But how do we grow? It turns out it happens in a predictable way, which means we can understand where we are in our growth and chart a way forward. In this compact, complete guide, Whitney Johnson dives more deeply than ever into the S Curve of Learning so that you can envision how growth happens and direct yourself and others in your organization to create a culture that fosters it. The growth and learning journey comes in three phases: the Launch Point, the Sweet Spot, and Mastery. Compelling examples of successful people will show you when and why growth is slow, how to keep going, what to do when growth and learning are almost too fast to keep up with, and how to leap from one growth journey to another. As individuals grow, so do organizations and societies. Growth is learning put into action—action that better the world as we better ourselves and our small niches, both personal and professional, within it. Growth occurs when learning is internalized—when we try something new and invest the effort to move it from being something we do to something we are.

Explains how self-delusion is part of a person's psychological defense system, identifying common misconceptions people have on topics such as caffeine withdrawal, hindsight, and brand loyalty.

Protect and grow your finances with help from this definitive and practical guide to behavioral economics—revised and updated to reflect new economic realities. In their fascinating investigation of the ways we handle money, Gary Belsky and Thomas Gilovich reveal the psychological forces—the patterns of thinking and decision making—behind seemingly irrational behavior. They explain why so many otherwise savvy people make foolish financial choices: why investors are too quick to sell winning stocks and too slow to sell losing shares, why home sellers leave money on the table and home buyers don't get the biggest bang for their buck, why borrowers pay too much credit card interest and savers can't sock away as much as they'd like, and why so many of us can't control our spending. Focusing on the decisions we make every day, Belsky and Gilovich provide invaluable guidance for avoiding the financial faux pas that can cost thousands of dollars each year. Filled with fresh insight; practical advice; and lively, illustrative anecdotes, this book gives you the tools you need to harness the powerful science of behavioral economics in any financial environment.

Despite promises of "fast and easy" results from slick marketers, real personal growth is neither fast nor easy. The truth is that hard work, courage, and self-discipline are required to achieve meaningful results - results that are not attained by those who cling to the fantasy of achievement without effort. Personal Development for Smart People reveals the unvarnished truth about what it takes to consciously grow as a human being. As you read, you'll learn the seven universal principles behind all successful growth efforts (truth, love, power, oneness, authority, courage, and intelligence); as well as practical, insightful methods for improving your health, relationships, career, finances, and more. You'll see how to become the conscious creator of your life instead of feeling hopelessly adrift, enjoy a fulfilling career that honors your unique self-expression, attract empowering relationships with loving, compatible partners, wake up early feeling motivated, energized, and enthusiastic, achieve inspiring goals with disciplined daily habits and much more! With its refreshingly honest yet highly motivating style, this fascinating book will help you courageously explore, creatively express, and consciously embrace your extraordinary human journey.

Leadership for Professionals

How to Lead Smart People

Why You Have Too Many Friends on Facebook, why Your Memory is Mostly Fiction, and 46 Other Ways You're Deluding Yourself

How to Stop Doubting Your Greatness and Start Living an Awesome Life

The 10 Dumbest Mistakes Smart People Make and how to Avoid Them

If You Can Count to Four

Mindfulness Meditation In Everyday Life

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book A Mind for Numbers A Mind for Numbers and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains: · Why sometimes letting your mind wander is an important part of the learning process · How to avoid "rut think" in order to think outside the box · Why having a poor memory can be a good thing · The value of metaphors in developing understanding · A simple, yet powerful, way to stop procrastinating Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

A woman planning a dinner party calls a gourmet caterer and learns that Chateaubriand can be ordered. To which she responds, No, thanks. We're going to take care of the wine ourselves. The dead silence at the end of the phone is her first clue that something is amiss. A CEO attempts to put an end to complaints from employees about the demeaning behavior of certain managers by berating the managers before the staff-thus reinforcing the very behavior he's trying to correct.We often criticize such incidents with remarks like How dumb! or What was he thinking? But psychologist Madeleine L. Van Hecke argues that much of what we label stupidity can better be explained as blind spots. Just as the blind spot in the driver's side mirror can swallow up a passing car, patterns in the way we think can likewise become blind spots, sifting out information and observations that to other people seem obvious. Drawing on research in creativity, cognitive psychology, critical thinking, child development, education, and philosophy, Dr. Van Hecke shows how our assets as thinkers create the very blind spots that become our worst liabilities. She devotes a chapter to each of ten mental blind spots that afflict even the smartest people: not stopping to think, jumping to conclusions, my-side bias, getting trapped by categories, and much more. At the end of each chapter she offers tactics for overcoming that specific blind spot, so we can become more creative and competent thinkers.Full of funny, poignant stories about human foibles, Blind Spots offers many insights for improving our social and political lives while giving us fresh slants into the minds of people who are poles apart from ourselves.Madeleine L. Van Hecke, Ph.D. (Elmhurst, IL), is a licensed clinical psychologist; an adjunct faculty member at North Central College in Naperville, Illinois; and a lecturer and workshop leader for Open Arms Seminars. Visit Dr. Van Hecke and learn more about Blind Spots at: www.overcomeblindspots.com

A Guide for the Bright, the Sensitive, and the Creative

Why Smart People Make Bad Food Choices

Chasing the Scream

Developing Your Interpersonal Intelligence

Personal Development for Smart People

How to Invest in People and Make Culture Your Competitive Advantage

The Science of Intelligent Achievement