

<<返朴归真>>

图书基本信息

书名：<<返朴归真>>

13位ISBN编号：9780471773450

10位ISBN编号：047177345X

出版时间：2005-11

出版时间：John Wiley & Sons Inc

作者：Larry Winget

页数：228

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<返朴归真>>

内容概要

This is not your typical self-help book. You won't find any motivational platitudes or cute business parables here. This is more of a "get off your butt and get to work" approach that can help you achieve more success, make more money, improve your business, and have more fun. Larry Winget doesn't pull any punches here. He believes that business gets better when businesspeople get better through personal growth. And it works the same way in your personal life-husbands and wives improve each other when they improve themselves, and kids improve when their parents do. In other words, everything in life gets better when you get better, and nothing gets better until you get better. This book can make you better, but it will probably tick you off. Winget is direct, caustic, and controversial. You won't like or agree with everything he has to say. Yet his advice is full of wisdom and truth that can't easily be argued with. Words from *Shut Up, Stop Whining & Get a Life* that prove that this book is anything but typical: "If you don't have much going wrong in your life, then you don't have much going on in your life." "When you work, work! When you play, play! Don't mix the two." "What you think about, talk about, and do something about is what comes about." "When it quits being fun-quit." "Time management is a joke." And that's just the beginning!

书籍目录

Preface
Acknowledgments
About the Author
Before You Start
Chapter 1: Shut Up! Chapter 2: Stop Whining!
Chapter 3: Get a Life! Chapter 4: How to Live by Design, Not by Default
Chapter 5: Slaughtering the Sacred Self-Help Cows
Chapter 6: Your Beliefs Determine Your Outcome
Chapter 7: The Enjoyment Factor
Chapter 8: Fitness, Fatness, and More
Chapter 9: Everyone Screws Up
Chapter 10: Religion Versus Spirituality: Whose Side Is God On?
Chapter 11: Get Smarter
Chapter 12: Stress: Who Needs It? Chapter 13: Learn to Relax
Chapter 14: Money Rules!
Chapter 15: Relationships—Friendship, Marriage, and Other Calamities
Chapter 16: Kids Are a Pain in the Butt
Chapter 17: Sex: You Gotta Love It
Chapter 18: Love Is the Key
Chapter 19: Criticism Happens
Chapter 20: The More You Give the More You Get
Chapter 21: Sometimes Work Is Just Plain Work
Chapter 22: You Are Out of Time
Chapter 23: Success Is a Balancing Act
Chapter 24: Give Up Hope
Chapter 25: Guilt Serves No Purpose
Chapter 26: Worry Is a Waste of Time
Chapter 27: Selfishness Is a Good Thing
Chapter 28: A Deal Is a Deal
Chapter 29: Hard Lessons to Learn
Chapter 30: The Test for Success
Chapter 31: A Final Thought

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>