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Titolo	How to change absolutely anything // Damian Hughes
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Edizione	[1st edition]
Descrizione fisica	1 online resource (xvi, 141 p.) : ill
Disciplina	158
Soggetti	Self-help techniques Self-confidence Life skills
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	WellbeingLU Bibliographic Level Mode of Issuance: Monograph
Nota di contenuto	Introduction -- Create the right first impression : approaching change in a way that makes the journey smoother -- Decide how you want to be perceived : using what you say and do to win over others -- Recognise the power of emotions : avoid the emotional triggers that may jeopardise change -- Address the four big needs : controlling your feelings to influence change -- Understand your reaction to change : interpreting the facts of a situation to determine the outcome -- Anticipate how those around you will react to change : learning to be flexible to get the support you need -- Examine your beliefs : using your beliefs to promote change -- Avoid belief traps : spotting the most common mistakes that hinder change -- Be aware of where you're sitting : understanding what influences you to find the key to change -- Take action : over to you-- -- Personal postscript.
Sommario/riassunto	Everybody wants to change something, whether it is work, life, yourself or someone else. Based on evidence-based psychological principles, including those drawn from CBT, this book demonstrates how you can bring about positive change in your life. Bursting with powerful tips, tricks, advice and guidance taken from interviews with some of the

most positive and productive people in the world, from Mohammed Ali and Richard Branson to Alex Ferguson and Tiger Woods.
