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Titolo	Instant motivation : the suprising truth behind what really drives top performance // Chantal Burns
Pubbl/distr/stampa	Harlow, England : , : Pearson, , 2015
ISBN	1-292-06574-5
Edizione	[1st edition]
Descrizione fisica	1 online resource (225 pages) : illustrations
Disciplina	153.8
Soggetti	Motivation (Psychology) Performance Self-management (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Contents -- Foreword -- The Big Picture: Why read this book -- Part 1: The inner source of performance -- Chapter 1: The Motivation Myth: Why performance is misunderstood -- Chapter 2: How Thought and Motivation Works: Why traditional thinking is outdated -- Chapter 3: The Logic of Emotion: Why control is not the answer -- Chapter 4: The Truth About Stress and Pressure: Thrive under any circumstances -- Part 2: Uncovering the truth about what it takes to excel at work -- Chapter 5: The Performance Placebo: Mind over matter -- Chapter 6: Focus and Flow: Stay in the zone and get more time back -- Chapter 7: Escape the Achievement Trap: Cut the ties and fly -- Chapter 8: Unconditional Confidence: You're always ready -- Chapter 9: Beyond Identity: Step into your true nature -- Chapter 10: Make Not Break Relationships: Work well with anyone -- Chapter 11: Decisions Made Easy: Navigate by wisdom -- Chapter 12: Keep Bouncing Back: Be a better surfer -- Summary of Terms Used -- Distinctions Used Throughout the Book -- Notes and References -- About the Author -- Acknowledgements -- ThoughtWorks -- Index.
Sommario/riassunto	'This will change how you see everything ' Linda Swidenbank; Publishing Director, Time Inc (UK) 'Reveals the vital difference between how we really think and how we think we think' Rory Sutherland; Vice Chairman, Ogilvy & Mather This book will change how you think about what drives you to succeed. Groundbreaking new research reveals how

your state of mind holds the key to your motivation, success and happiness. Compelling evidence combined with inspiring stories and insights will unlock a powerful new mindset that will instantly boost your performance and open your eyes to what it really takes to excel. 'If you want to power-up your performance, read this book' Shaa Wasmund, author of Stop Talking, Start Doing 'Genuinely transformational' Josh Kricheski, COO MediaCom 'Compelling' David Pugh-Jones, Global Creative Director, Microsoft 'Life-changing!' Sophie Hearsey, Editor, that's life! 'Highly recommended!' Karl Marsden, Managing Director, Shortlist Media Ltd 'Deceptively powerful' Stuart Taylor, CEO Kinetic Worldwide
