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Psychology Of Success Quick Start

Karin Nielsen-Saines



Psychology Of Success Quick Start:

The Laughing Guide to a Better Life Isaac Prilleltensky, Ora Prilleltensky, 2019-01-21 The motto of this book is smarter through laughter If you can laugh about it you can probably change it The authors use a heavy dose of humor the laughing side and a healthy measure of science the learning side to help you improve yourself your relationships and your surroundings The book introduces the I CAN model which stands for Interactions Context Awareness and Next steps Interactions are powerful determinants of health and happiness There are two skills that can make our interactions healthier the ability to connect and the capacity to communicate Context is also a powerful but often neglected driver of change The contexts of our lives consist of people places and things To leverage context to our advantage we need to master the art of reading cues and changing cues in the environment Awareness is the next driver of change Regardless of where you are in the process of change there is always a next step to strengthen your change maintain your gains and keep thriving To do that you need to make a plan and you need to make it stick The book will teach you how to use these drivers of change to flourish and thrive *International symposium on performance science 2021* Aaron Williamon, Isabelle Cossette, Krzysztof Paweł Dąbrowski, Solange Glasser, Isabelle Héroux, Fabrice Marandola, Laura A. Stambaugh, 2023-04-18 *Success*, 1924

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