

<<(直觉取胜)>>

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内容概要

Laura Day has sold millions of copies of Practical Intuition and continues her advice here with tips for improving your career using your own intuitive skills. She says that people are more apt to use their intuition about commonplace issues than they are about investment or business practices, a horrible waste of intuitive powers. Through dozens of exercises, Day describes how you can boost your intuitive power, "become" your competition, and better predict the future. Day makes no guarantees that you'll pick the next blue-chip bond or invent the next wheel, but she does assert that your life can't help but improve if you take her ideas to heart. This book is a combination of Jon Kabat-Zinn's, mindfulness meditation theories and What Color is Your Parachute-ish self-reflection.

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作者简介

LAURA DAY is the author of the New York Times bestseller "Practical Intuition". She has been teaching her seminar of the same name for more than ten years. Her clientele includes celebrities, business executives, scientists, and professionals in many fields.

书籍目录

FOREWORD BY MARTIN EDELSTON
PREFACE
ACKNOWLEDGMENTS
INTRODUCTION
1. HOW TO GET THE MOST FROM THIS BOOK
2. THE INTUITIVE PROCESS IN A NUTSHELL
3. WHAT IS MY BUSINESS WORLD?
4. BEGIN BY NOTICING WHAT YOU NOTICE
5. WHAT DOES THIS PERSON--OR COMPANY, OR MARKET--WANT?
6. TO FOCUS YOUR INTUITION, SIMPLY ASK A QUESTION
7. WHAT DO I WANT?
8. INTERPRET WHAT YOU REPORT
9. WHAT DO I HAVE--AND WANT--TO OFFER?
10. CREATE VERIFIABLE SCENARIOS
11. WHAT IS THE BEST FIT BETWEEN MY NEEDS AND THE MARKET'S?
12. TAKING A LOOK AT YOUR CURRENT DECISION-MAKING PROCESS
13. WHAT STEPS MUST I TAKE?
14. MAINTAIN "DISTANCE"
15. HOW CAN I BEST PRESENT MYSELF AND WHAT I AM OFFERING?
16. INTEGRATING INTUITION INTO YOUR DECISION-MAKING PROCESS
17. HOW CAN I GET OTHERS TO HELP ME?
18. THE INTUITIVE PROCESS AS A SYSTEM
19. HOW CAN I PREVENT OTHERS FROM INTERFERING?
20. KNOWING HOW TO ACT ON YOUR INTUITION
21. HOW CAN I ANTICIPATE AND OVERCOME OBSTACLES?
22. USING INTUITION TO PREDICT THE STOCK MARKET: A CASE STUDY
23. HOW CAN I STAY AHEAD OF MY MARKET TO RESPOND TO CHANGING NEEDS AND OPPORTUNITIES?
24. PARTING WORDS

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