



This Book Will Make You Successful (Paperback)

By Jo Usmar

Quercus Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Take on January with new-found serenity with this series of self-help books StylistFind success in both your professional and your personal life.Success means different things to different people, yet there are essential key skills and knowledge that will help you to achieve your goals, whatever they are - be it progressing in your career, getting a pay rise, setting up your own business or negotiating Christmas dinner arrangements with your in-laws. This Book Will Make You Successful is a straight-talking and practical guide to getting what you want out of life. Using extensive research, plus interviews with professionals across all fields of expertise, Jo Usmar delivers strategies for becoming successful in both your work and your day-to-day life. This little book covers everything from networking, conflict resolution, stress management, productivity and being more persuasive, to not feeling like a fraud and moving on from setbacks. Prepare to feel both motivated and motivational, confident, productive and courageous. So many other books on success confine themselves to target-hitting and positive thinking. This is broader, hugely useful, and entertaining to read.Chapters include: goal-setting exercises, anti-procrastination techniques, stress management, persuasion...



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