

<<卡耐基《快乐人生》>>

图书基本信息

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作者：卡耐基

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内容概要

PART ONE Seven Ways to Peace and Happiness , PART TWO Fundamental Techniques in Handling People , PART THREE Ways to Win People to Your Way of Thinking , PART FOUR Ways to Change People Without Giving Offense of Arousing Resentment四个部分的内容。

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作者简介

作者：(美国)卡耐基(Carnegie.D.)

书籍目录

PART ONE Seven Ways to Peace and Happiness 1 Find Yourself and Be Yourself:Remember, There Is No One Else on Earth like You 2 Four Good Working Habits That Will Help Prevent Fatigue and Worry 3 What Makes You Tired--and What You Can Do About It 4 How to Banish the Boredom That Produces Fatigue,Worry, and Resentment 5 Would You Take a Million Dollars for What You Have? 6 Remember That No One Ever Kicks a Dead Dog 7 Do This--and Criticism Can't Hurt YouPART TWO Fundamental Techniques in Handling People 8 "If You Want to Gather Honey, Don't Kick Over the Beehive" 9 The Big Secret of Dealing with People 10 "He Who Can Do This Has the Whole World with Him. He Who Cannot Walks a Lonely Way" 11 Do This and You'll Be Welcome Anywhere 12 How to Make People Like You InstantlyPART THREE Ways to Win People to Your Way of ThinkingPART FOUR Ways to Change People Without Giving Offense of Arousing Resentment

章节摘录

3. Check yourself four or five times a day, and say to yourself, "Am I making my work harder than it actually is? Am I using muscles that have nothing to do with the work I am doing?"

"This will help you form the habit of relaxing, and as Dr. David Harold Fink says, "Among those who know psychology best, it is habits two to one." 4. Test yourself again at the end of the day, by asking yourself, "Just how tired am I?"

"If I am tired, it is not because of the mental work I have done but the way I have done it." "I measure my accomplishments," said Daniel W. Josselyn, "not by how tired I am at the end of the day, but how tired I am not." He said, "When I feel particularly tired at the end of the day, or when irritability proves that my nerves are tired, I know beyond question that it has been an inefficient day both as to quantity and quality." If every business person in America would learn that same lesson, our death rate from "hypertension" diseases would drop overnight. And we would stop filling up our sanitariums and asylums with people who have been broken by fatigue and worry.

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