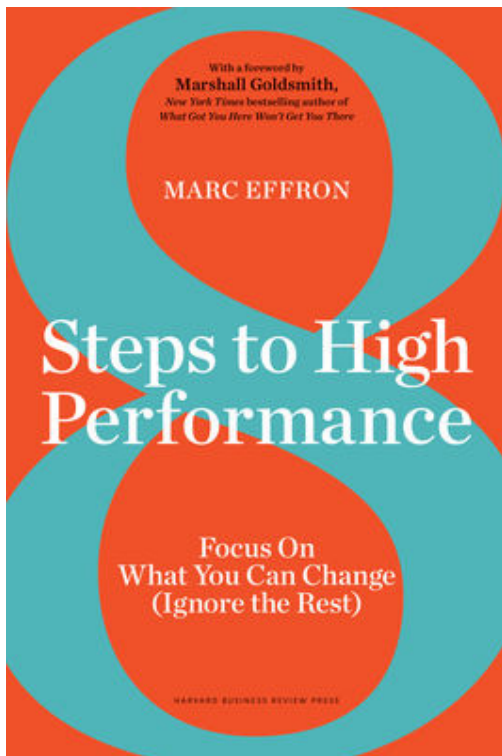


8 Steps to High Performance Scaricare Libri Marc Effron (PDF, ePub, Mobi) Gratuito



What Really Works

There's no shortage of advice out there on how to perform better, and better than others, at work. The problem is knowing which methods are actually proven to work--and how you should act on them to get the best results.

In *8 Steps to High Performance*, talent expert and bestselling author Marc Effron cuts through the noise with his signature "science-based simplicity" approach to identify what matters most and show you how to optimally apply your time and effort to boost your performance. It turns out that higher performance comes from doing many things well--but some of those things are not in your power to change. Effron reveals the eight key factors you do control and practical steps for improving yourself on each one. You'll learn:

How to set goals that create higher performance
Which behaviors predict higher performance in different situations
How to quickly develop the most important

capabilities
Who to connect with and why
How to understand and adapt to your company's strategy
Why you sometimes shouldn't be the "genuine" you
How to best manage your body to sustain your performance
How to avoid management fads that distract you from high performance

Research-based, practical, and filled with self-assessments, tools, and templates to support your performance goals at work, this short, powerful book will help you and anyone on your team deliver outstanding results.

Título	:	8 Steps to High Performance
Autor	:	Marc Effron
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[PDF] Pretty



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Joe era sicuro che suo fratello Eric avrebbe perso interesse nello stupido sito di incontri per cui si era entusiasmato. E che, come al solito, sarebbe toccato a lui occuparsi di sistemare le cose. E infatti, quando Eric gli chiede di cancellare l'account, Joe finisce per fare accesso con le sue...

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Il vero amore può nascere da una bugia? Autrice bestseller del New York Times Ci sono cose che non si dimenticano. Il giorno del tuo matrimonio, per esempio. Soprattutto il momento in cui tua sorella vomita sopra il bouquet e confessa di essere incinta... del tuo fidanzato. Volevo solo...

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