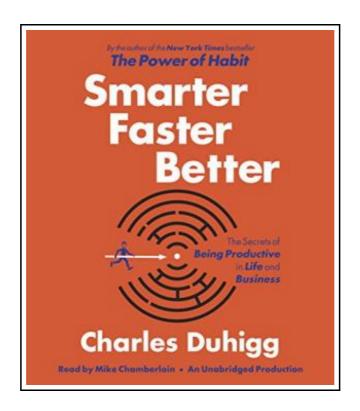
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Reviews

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Random House LCC US Mrz 2016, 2016. Audio-CD. Book Condition: Neu. 152x128x30 mm. Neuware - NEW YORK TIMES BESTSELLER - From the author of The Power of Habit comes a fascinating book that explores the science of productivity, and why, in today's world, managing how you think-rather than what you think-can transform your life. At the core of Smarter Faster Better are eight key concepts-from motivation and goal setting to focus and decision making-that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics-as well as the experiences of CEOs, educational reformers, four-star generals, FBI agents, airplane pilots, and Broadway songwriters-this painstakingly researched book explains that the most productive people, companies, and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways. A young woman drops out of a PhD program and starts playing poker. By training herself to envision contradictory futures, she learns to anticipate her opponents' missteps-and becomes one of the most successful players in the world. A group of data scientists at Google embark on a four-year study of how the best teams function, and find that how a group interacts is more important than who is in the group-a principle, it turns out, that also helps explain why Saturday Night Live became a hit. A Marine Corps general, faced with low morale among recruits, reimagines boot camp-and discovers that instilling a 'bias toward action' can turn even the most directionless teenagers into self-motivating achievers. The filmmakers behind Disney's Frozen are nearly out of time and on the brink of catastrophe-until they shake up their team in just the right way, spurring a creative breakthrough that leads to one of the highest-grossing movies of all time. What do these people...

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