



Eat that Frog: 21 Wege, um sein Zaudern zu überwinden (Whitebooks) (German Edition)

Brian Tracy

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Es gibt ein altes amerikanisches Sprichwort "Eat the Frog", das in etwa besagt: Wenn man morgens nach dem Aufstehen als erstes eine lebenden Frosch verspeist, kann man beruhigt durch den Tag gehen und darauf vertrauen, dass das das Schlimmste war, was einem an diesem Tag passieren konnte. Im übertragenen Sinn: Wer jeden Tag mit der schwierigsten und wichtigsten Aufgabe beginnt und diszipliniert arbeitet, wird Erfolg haben und Meister seines Lebens sein.

Dieses Buch bietet eine Anleitung zu diszipliniertem und erfolgsorientiertem Handeln in 21 Schritten - von der Fokussierung auf Schlüsselfragen über die Prinzipien der Selbstmotivation bis hin zur tatsächlichen Umsetzung der eigenen Pläne.

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