

WTF Just Happened?: How to Make Better Decisions by Asking Yourself Better Questions (Paperback)



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Reviews

This publication is fantastic. It can be rally intriguing throgh looking at time. You may like the way the author compose this publication.
(Mr. Wilber Thiel)

WTF JUST HAPPENED?: HOW TO MAKE BETTER DECISIONS BY ASKING YOURSELF BETTER QUESTIONS (PAPERBACK)



Crown House Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. How great would it be to learn from other people's mistakes rather than having to make our own? In WTF Just Happened? Martin Goodyer presents a hilarious compilation of catastrophes to help readers do just this. Drawing on his experience as a psychologist and taking the perspective of a behavioural change coach, Martin offers insights into people's often irrational behaviour and suggests ways to avoid such behaviour ourselves. Reading this book won't stop bad things from happening - but it can prevent you from making it worse if they do. This is not a self-help book. The self-help bit is up to you. Here's why: self-help books are OK, but many are not great. They normally tell you to do this or that and then you'll be fine - but real life isn't usually that simple and good advice is only useful if you can remember to use it. Stories, on the other hand, stick with you, and these cautionary tales could help you avoid your own WTF moments. Your empathy for these unfortunate characters might just help you to see things differently and respond in a more positive way the next time life throws something unexpected at you. We all have WTF moments but, unfortunately, few of us respond well. We say and do things that we regret, and in hindsight we know we could have reacted so much better. This collection of cringeworthy stories explains why this happens and offers practical advice to prevent it happening to you. Topics covered include: how to avoid missing the point; how to avoid being embarrassed by being overheard; how to avoid being good but not great; how to avoid getting...



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