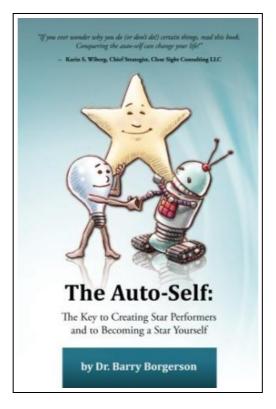
The Auto-Self: The Key to Creating Star Performers and Becoming a Star Yourself (Paperback)



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Reviews

If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Claud Bernhard)

THE AUTO-SELF: THE KEY TO CREATING STAR PERFORMERS AND BECOMING A STAR YOURSELF (PAPERBACK)



2-Selfs Publishing Company, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. We all operate in two fundamentally different modes: our familiar, intentional thinking mode and our elusive, unintentional automatic mode. The autoself is the second, robot-like mode of human activities. Since our auto-self is always active, it often plays the role of enabler or saboteur of our successes after our thinking-self creates our goals, plans, and task lists. Create Star Performers: If you are a manager at any level, your success depends on making as many as possible of your team members star performers. This book will show you how to align their automatic behaviors (such as failing to meet commitments or micromanaging) with the needs of the organization. Become a Star: Have you tried on your own and failed to change an unwanted habit (such as procrastinating on important issues or getting uncontrollable angry) that interferes with your success at work or in life? If so, you need this book, which you can use to empower a colleague or friend to act as a transformation guide to enable you to change an unwanted behavior. You will learn why this method is inherently more reliable than self-help efforts. The auto-self often plays a determinative role in achieving success, but its existence was previously only implicitly recognized, poorly understood, and haphazardly improved. This book enables conquering the auto-self through explicitly recognizing it, understanding it through detailed descriptions, and improving it through transformation techniques built upon the detailed understanding. Kirkus Review Accomplished business executive and leadership coach reveals how to improve performance at work and in life by taming your powerful automatic side. Building on the idea that the human mind operates in two distinct modes, Borgerson contends that people have two selfs -a...

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