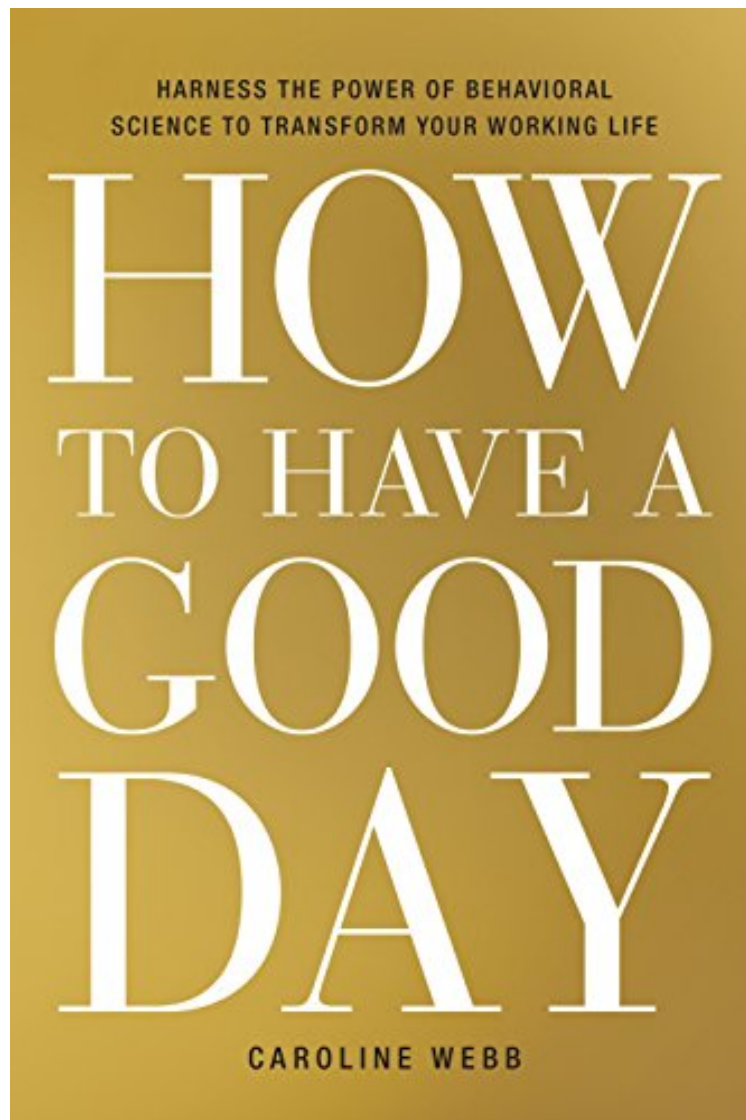


(Download pdf) How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life

How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life

Caroline Webb

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Caroline Webb : How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Have a Good Day: Harness the Power of Behavioral Science to Transform Your Working Life:

51 of 52 people found the following review helpful. The everyday epiphany.By timothy d fisherFor those of us without the time, means, or gumption to hire a career/life coach, there is help. Profound, tangible, and accessible help

from this book. And blessedly, it requires little heavy lifting on our part. It turns out, the ways we get in our own way, the procrastinating, time-wasting, goal-sabotaging, can be squelched. While we've been suffering, a small army of academics has been figuring stuff out. It might be how our brains function, our evolutionary tendencies, or the habits (good or bad) we pick up. To be clear on what "How to Have a Good Day" is not: it requires no deep plumbing of the psyche, it pushes no "alternative" way of thinking. The topics are well known. We all know procrastination is bad, we may know multi-tasking is a fallacy. But why? And what can I do about it today? The author, professional career coach, researcher, and reader of 600(!) books on the topic of behavioral science, has distilled the best, most illuminating discoveries to help those of us who know better, but can't do better. As declared in the title, yes, there is a measure of science-talk, but this is no science text. HTHAGD kicks off with an introductory primer on the concepts in play. Yet rest assured any haughty terminology has been thoroughly humanized, without being cerebrally neutered. Though even the author allows the book is navigable even if you skip chapter one. The remaining chapters drill down on seven topics, such as productivity, resilience, etc. Each topic is loosely pegged to a real individual's overcoming of their respective obstacle (e.g. priorities). Webb threads in the most revelatory science and explains why this subject's course of action worked. She then details the actionable things we can do (a specific breathing technique, a check-list, a mantra, and so on) to bring into our day. All the "tips" are packaged at the end of the chapter. So indeed, the book is built to be revisited by topic, say, two years from now on your worst day ever at work. An exhaustively comprehensive Rx for our everyday challenges. At once probing of our mental innards, and plainly, wonderfully practical. We know it does us no good to have another wasted day. With this book, we need no longer search in anguish for what to do about it. Fantastically beneficial from the first sit-down. 34 of 35 people found the following review helpful. Wow. Absolutely packed with good info. By Ladybug Caroline Webb has managed to write a heavily researched, evidence-based manual that can be helpful to just about anyone. Which probably makes it sound horribly boring, but it really isn't! Most of the book is written for people who work--at the top or the bottom of the food chain, it doesn't matter. But even I, as a stay-at-home mom and writer, found plenty in here to apply to my life. Webb's tone is very conversational, and while the content is dense, she manages to inject levity and humor often enough that I never felt bogged down. The book is divided into seven parts. In a nutshell, these parts address: 1) Setting your intentions 2) Organizing your self and your life in a more strategic way 3) Making the most of your relationships (this is BY FAR my favorite section, holy smokes) 4) Being your best, most insightful self 5) Maximizing your impact 6) Increasing your resilience 7) Boosting your energy. As I mentioned, my favorite section, hands down, is the section about building relationships. I thought Webb offered so much good stuff here, I was blown away. Some of my favorite insights from Webb: (*) Nobody ever experiences an entirely objective version of reality (and this is what leads to misunderstanding). This may seem like an obvious point, but the scientific explanation behind this is fascinating. (*) Webb's advice on how to give a "positive no" (basically delivering disappointing information with positivity and warmth) is life-changing, in my opinion. I've already put this one into practice and seen great results. (*) Along the same lines, I also love Webb's strategies for diffusing tense situations and delivering difficult information with kindness, clarity, and tact. And even still, there is so much more to this book. How to Have a Good Day offers plenty of helpful insight into the nature of human interaction and the science behind why we act the way that we do, that I really believe there is something in here for everyone. It's not a book to rush through, so take your time with it. It will be worth the effort. Also, if you do enjoy this book, I'd also recommend Unfinished Business: Women Men Work Family. 0 of 0 people found the following review helpful. No surprise; predictable. By Carolyn Lundberg The best word I can think of to describe the details of the recommendations is predictable.

In *How to Have a Good Day*, economist and former McKinsey partner Caroline Webb shows readers how to use recent findings from behavioral economics, psychology, and neuroscience to transform our approach to everyday working life. Advances in behavioral sciences are giving us an ever better understanding of how our brains work, why we make the choices we do, and what it takes for us to be at our best. But it has not always been easy to see how to apply these insights in the real world--until now. In *How to Have a Good Day*, Webb explains exactly how to apply this science to our daily tasks and routines. She translates three big scientific ideas into step-by-step guidance that shows us how to set better priorities, make our time go further, ace every interaction, be our smartest selves, strengthen our personal impact, be resilient to setbacks, and boost our energy and enjoyment. Through it all, Webb teaches us how to navigate the typical challenges of modern workplaces--from conflict with colleagues to dull meetings and overflowing inboxes--with skill and ease. Filled with stories of people who have used Webb's insights to boost their job satisfaction and performance at work, *How to Have a Good Day* is the book so many people wanted when they finished *Nudge*, *Blink* and *Thinking Fast and Slow* and were looking for practical ways to apply this fascinating science to their own lives and careers. A remarkable and much-needed book, *How to Have a Good Day* gives us the tools we need to have a lifetime of good days.

"How to Have a Good Day is a smart, thorough, and eminently practical book. Just about every page offers a science-based tip to help you become better off -- or, in many cases, just plain better." --Daniel H.

Pink, author of *To Sell is Human* and *Drive*; "Behavioral science has come of age in recent years, and it has begged for a world-class translator. Now we have one. Caroline Webb's peerless translation of the behavioral sciences into tools for shaping the quality of our day is the book we've been waiting for. Play with just 2% of the ideas in this book, and you might just end up changing your life's course. Words like 'magisterial' come to mind. Bravo." —Tom Peters, co-author of award-winning bestseller *In Search of Excellence*; "Finally, a practical book based on evidence. How to Have a Good Day is grounded in state-of-the-art research on behavior and neuroscience, and animated with vivid examples from professionals who have successfully applied Webb's advice. It might even leave you looking forward to your next tricky conversation or challenging task as an opportunity to try out her tips." —Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* and *Originals*; "How to Have a Good Day is an extraordinary book; a wonderful mix of science, practical advice, and stories based on Caroline Webb's years of experience helping a huge range of people transform their professional lives for the better. Every chapter is studded with engaging real-world examples that ring true and illustrate how to make the most of the book's suggestions. Whatever your personal definition of a good day, you'll have more of them after reading this book." —Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking* and co-founder of Quiet Revolution; "Almost all of us work in environments where our time is stretched far too thin. How to Have a Good Day helps us rise to that challenge, containing ideas and techniques that show us how to be at our own personal and professional best every day." —Tony Hsieh, New York Times bestselling author of *Delivering Happiness* and CEO of Zappos.com, Inc.; "Webb has given us a great gift: she has synthesized all the advice coming out of labs around the world, filtered it for quality, and illustrated it with well-chosen examples. The appendices alone will save you dozens of hours per year; particularly on email; and help you create more great days for yourself. This is the only self-improvement book you will need in the next five years." —Jonathan Haidt, NYU-Stern School of Business, author of *The Happiness Hypothesis* and *The Righteous Mind*; "There's a big difference between having a great, productive day and having a bland, ordinary one. Caroline Webb deftly explains how to squeeze the most out of twenty-four hours, to create more of the former. Very useful." —Sir Michael Moritz, Chairman of Sequoia Capital; "A powerful toolkit to improve both work and wellbeing. From email and meetings to making the most out of every day, Webb shows us not just how to be more productive, but how to be more fulfilled along the way." —Jonah Berger, Wharton professor and bestselling author of *Contagious* and *Invisible Influence*; "Imagine what your life would be like if you could simply 'choose' to have a good day. Webb makes a powerful case that we can. Best of all, she shows us how. Webb gets her arms around the vast body of information coming at us from behavioral economics, psychology, and neuroscience, and distills the best of it into the kind of practical advice a wise friend might offer. It's the book Daniel Kahneman might write if he'd been working in the business world for twenty years. Masterful." —Douglas Stone and Sheila Heen, co-authors of the bestselling *Difficult Conversations* and *Thanks for the Feedback*; "This is a brilliantly useful book. Caroline Webb has a quite exceptional range of organisational experience. She uses it to review a vast span of the latest academic 'thinking about thinking' in the clearest possible way. And then she applies this wisdom to help us all sort out the frazzle of our own working day. Her approach is utterly straightforward but based in deep insights into how human beings really behave." —Peter Day, BBC Business Correspondent, Presenter of *In Business* and *Global Business*; "Years ago I was a rower, and in sport everyone knows you need to pay attention to yourself, your intent and your mindset, at your best. This book reminded me of all I learned from those days about the importance of having the right attitude. I found it a great, practical guide to applying these and other helpful psychological insights in business; something we do all too infrequently. Built solidly on the latest research, brought to life with storytelling, it offers many simple ways to boost your performance and give you a better day at work; and if you're a leader, it will show you how to make sure that your colleagues are on top form, too." —Matt Brittin, President of Google Europe, Middle East Africa, former rowing World Championship medalist and British Olympic team member "How to Have a Good Day speaks to every area of your workday and shows how making a few critical adjustments to your everyday behavior will leave you amazed by the results. By applying the lessons in Webb's book, all based on science, you'll maximize your performance and be more energized than ever." —Marshall Goldsmith, bestselling author of *Triggers*, *MOJO* and *What Got You Here Won't Get You There*; "An absolute must read for the millions of people struggling to overcome the challenges and stresses of work and family life. Caroline Webb's deep dive into ground-breaking new behavioral and neuroscience research gives us the tools to empower everyone to have a better, more fulfilling day, every day. Finally, we can say, 'Good morning,' and mean it!" —Linda Kaplan Thaler, Chairman of Publicis Kaplan Thaler and co-author of *Grit to Great*; "The quest for self-improvement usually takes place on a well-trodden path, with many different gurus offering guidance. But the advice, in addition to being contradictory, often lacks solid foundations. Fortunately, How to Have a Good Day is the breakout exception to this category. The evidence and examples packed inside its pages leave the reader in no doubt that Webb's advice will make a real

difference. Better days lead to better lives, and this extraordinary book will lead to both." —Chris Guillebeau, New York Times bestselling author of *The \$100 Startup* and *The Happiness of Pursuit*

"In *How to Have a Good Day*, Caroline Webb offers practical advice rooted in the latest science and psychology for anyone who wants to take a more intentional approach to life and enjoy the greater productivity and success that comes from doing so. If you want to stop reacting to your life and start living it, this book will get you moving in the right direction." —Bryce G. Hoffman, author of *American Icon*

About the Author Caroline Webb is a former partner at McKinsey and Company, where she worked for over a decade, before starting her consulting firm, *Sevenshift*, to help clients be more productive, inspired, and effective at work.