

## <<人性的优点>>

### 图书基本信息

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### 内容概要

《人性的优点（英文权威版）》汇集了卡耐基的思想精华和经典励志内容。是改变无数人命运的伟大著作。出版后立即获得了广大读者的欢迎，成为西方世界最持久的人文畅销书，至今已译成多种语种出版，在全球畅销不衰。无数读者通过阅读和实践书中介绍的各种方法，不仅走出了困境，最终还获得了成功，有的还成为世人仰慕的杰出人士。

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### 作者简介

戴尔·卡耐基 (Dale Carnegie, 1888年11月24日 - 1955年11月1日), 被誉为是20世纪最伟大的心灵导师和成功学大师, 美国现代成人教育之父, 20世纪最伟大的心灵导师, 美国著名的人际关系学大师, 西方现代人际关系教育的奠基人。

美国人戴尔·卡耐基利用大量普通人不断努力取得成功的故事, 通过演讲和书唤起无数陷入迷惘者的斗志, 激励他们取得辉煌的成功。

其在1936年出版的著作《人性的弱点》, 70年来始终被西方世界视为社交技巧的圣经之一。他并在1912年创立卡内基训练, 以教导人们人际沟通及处理压力的技巧。

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书籍目录

Sixteen Ways in Which This Book will Help You Preface How This Book Was Written-and Why Part One Fundamental Facts You Should Know about Worry 1 Live in " Day-tight Compartments " 2 A Magic Formula for Solving Worry Situations 3 What Worry May Do to You Part Two Basic Techniques in Analysing Worry 4 How to Analyse and Solve Worry Problems 5 How to Eliminate Fifty Per Cent of Your Business Worries Part Three How to Break the Worry Habit Before It Breaks You 6 How to Crowd Worry out of your Mind 7 Don ' t Let the Beetles Get You Down A Law That Will Outlaw Many of Your Worries Contents 9 Co-operate with the Inevitable 10 Put a " Stop-Loss " Order on Your Worries 11 Don ' t Try to Saw Sawdust Part Four Seven Ways to Cultivate A Mental Attitude That will Bring You Peace and Happiness 12 Eight Words That Can Transform Your Life 13 The High Cost of Getting Even 14 If You Do This, You will Never Worry About Ingratitude 15 Would You Take a Million Dollars for What You Have? 16 Find Yourself and Be Yourself: Remember There Is No One Else on Earth Like You 17 If You Have a Lemon, Make a Lemonade 18 How to Cure Melancholy in Fourteen Days Part Five The Golden Rule for Conquering Worry 19 How My Mother and Father Conquered Worry Part Six How to Keep from Worrying about Criticism 20 Remember That No One Ever Kicks a Dead Dog 21 Do This-and Criticism Can ' t hurt You 22 Fool Things I Have Done..... Part Seven Six Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirits High Part Eight How to Find the Kind of Work in Which You May Be Happy and Successful Part Nine How to Lessen Your Financial Worries Part Ten "How I Conquered Worry"-32 True Stories

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## 章节摘录

But she refused to be pitied , refused to be considered “ different ” , As a child , she wanted to play hopscotch with other children , but she couldn ‘ t see the markings. So after the other cludren had gone home , she got down on the ground and crawled along with her eyes near to the marks. She memorised every bit of the ground where she and her friends played and soon became an expert at running games. She did her reading at home , holding a book of large print so close to her eyes that her eyelashes brushed the pages. She earned two college degrees: an A B. from the University of Minnesota and a Master of Arts from Columbia Uruversity.

She started teachmg in the tiny village of Twm Valley , Minnesota , and rose until she became professor ofjournalism and literature at Augustana College in Sioux Falls , South Dakota. She taught there for thirteen years , lecturing before women ‘ s clubs and giving radio talks about books and authors. “ In the back of my mind , ” she writes , “ there had always lurked a fear of total blindness. In order to overcome this , I had adopted a cheerful , almost hilarious , attitude towards life.

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