

<<人性的优点>>

图书基本信息

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前言

In 1909, I was one of the unhappiest lads in New York. I was selling motor-trucks for a living. I didn't know what made a motor-truck run. That wasn't all: I didn't want to know. I despised my job. I despised living in a cheap furnished room on West Fifty-sixth Street —— a room infested with cockroaches. I still remember that I had a bunch of neckties hanging on the walls; and when I reached out of a morning to get a fresh necktie, the cockroaches scattered in all directions. I despised having to eat in cheap, dirty restaurants that were also probably infested with cockroaches. I came home to my lonely room each night with a sick headache - a headache bred and fed by disappointment, worry, bitterness, and rebellion. I was rebelling because the dreams I had nourished back in my college days had turned into nightmares. Was this life ?

Was this the vital adventure to which I had looked forward so eagerly ?

Was this all life would ever mean to me —— working at a job I despised, living with cockroaches, eating vile food —— and with no hope for the future ?

... I longed for leisure to read, and to write the books I had dreamed of writing back in my college days. I knew I had everything to gain and nothing to lose by giving up the job I despised. I wasn't interested in making a lot of money, but I was interested in making a lot of living. In short, I had come to the Rubicon —— to that moment of decision which faces most young people when they start out in life.

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内容概要

本书告诉你如何摆脱忧虑，重新扬起生活风帆的书。

《人性的优点》字里行间洋溢着作者积极向上、笑面困境的乐观态度，汇集了卡耐基的智慧精华和最激励人心的内容，是卡耐基最成功的励志经典之一。

它通过分析许多跟你我一样的普通人面临忧虑时如何走出困境的真实案例，让你明白如何化解人际危机、缓解精神紧张、避免情绪低落，从而摆脱忧虑困扰，最终走出人生的泥淖，重新步入幸福快乐的人生轨道。

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作者简介

戴尔·卡耐基（1888-1955），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。

他于1912年创立卡耐基人际关系训练班，教授人们人际沟通及处理压力的技巧。

卡耐基勤著述，他所著的《人性的弱点》、《人性的优点》、《语言的突破》等成为多年来畅销不衰的成功学、人际关系学经典著作，风靡全球，并被翻译成几十种文字，被誉为“人类出版史上的奇迹”。

他讲述的许多普通人通过奋斗获得成功的真实故事，激励了无数陷入迷茫和困境的人，帮助他们改写了自己的人生。

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书籍目录

Part One / Fundamental Facts You Should Know about Worry Chapter 1 Live in "Day-tight Compartments"
Chapter 2 A Magic Formula for Solving Worry Situations Chapter 3 What Worry May Do to YouPart Two /
Basic Techniques in Analysing Worry Chapter 4 How to Analyse and Solve Worry Problems Chapter 5 How
to Eliminate Fifty Per Cent of Your Business WorriesPart Three / How to Break the Worry Habit Before It Breaks
You Chapter 6 How to Crowd Worry Out of Your Mind Chapter 7 Don't Let the Beetles Get You Down
Chapter 8 A Law That Will Outlaw Many of Your Worries Chapter 9 Co-operate with the Inevitable
Chapter 10 Put a "Stop-Loss" Order on Your Worries Chapter 11 Don't Try to Saw SawdustPart Four / Seven
Ways to Cultivate A Mental Attitude That Will Bring You Peace and Happiness Chapter 12 Eight Words That
Can Transform Your Life Chapter 13 The High Cost of Getting Even Chapter 14 If You Do This, You Will
Never Worry about Ingratitude Chapter 15 Would You Take a Million Dollars for What You Have? Chapter
16 Find Yourself and Be Yourself: Remember There Is No One Else on Earth like You Chapter 17 If You Have a
Lemon, Make a Lemonade Chapter 18 How to Cure Melancholy in Fourteen DaysPart Five / How to Keep from
Worrying about Criticism Chapter 19 Remember that No One Ever Kicks a Dead Dog Chapter 20 Do This —
— and Criticism Can't Hurt You Chapter 21 Fool Things I Have DonePart Six/Six Ways to Prevent Fatigue and
Worry and Keep Your Energy and Spirits High Chapter 22 How to Add One Hour a Day to Your Waking Life
Chapter 23 What Makes You Tired —— and What You Can Do about It Chapter 24 How the Housewife
Can Avoid Fatigue —— and Keep Looking Young Chapter 25 Four Good Working Habits That Will Help
Prevent Fatigue and Worry Chapter 26 How to Banish the Boredom That Produces Fatigue, Worry, and
Resentment Chapter 27 How to Keep from Worrying about InsomniaPart Seven / How to Find the Kind
of Work in Which You May Be Happy and SuccessfulPart Eight / How to Lessen Your Financial WorriesPart Nine
/ "How I Conquered Worry" —— 32 True Stories

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章节摘录

Forty-two years later, on a soft spring night when the tulips were blooming on the campus, this man, Sir William Osler, addressed the students of Yale University. He told those Yale students that a man like himself who had been a professor in four universities and had written a popular book was supposed to have "brains of a special quality". He declared that that was untrue. He said that his intimate friends knew that his brains were "of the most mediocre character". What, then, was the secret of his success ?

He stated that it was owing to what he called living in "day-tight compartments." What did he mean by that ?

A few months before he spoke at Yale, Sir William Osler had crossed the Atlantic on a great ocean liner where the captain standing on the bridge, could press a button and —— presto !

—— there was a clanging of machinery and various parts of the ship were immediately shut off from one another —— shut off into watertight compartments. "Now each one of you," Dr. Osler said to those Yale students, "is a much more marvelous organization than the great liner, and bound on a longer voyage. What I urge is that you so learn to control the machinery as to live with 'day-tight compartments' as the most certain way to ensure safety on the voyage. Get on the bridge, and see that at least the great bulkheads are in working order. Touch a button and hear, at every level of your life, the iron doors shutting out the Past —— the dead yesterdays. Touch another and shut off, with a metal curtain, the Future —— the unborn tomorrows. Then you are safe —— safe for today !
... Shut off the past !

Let the dead past bury its dead Shut out the yesterdays which have lighted fools the way to dusty death The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. Shut off the future as tightly as the past The future is today There is no tomorrow. The day of man's salvation is now.

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编辑推荐

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