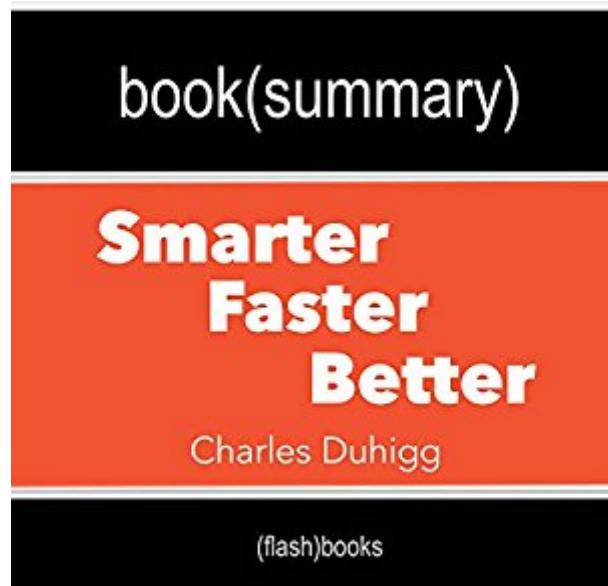


The book was found

Summary And Analysis | Smarter Faster Better: The Secrets Of Being Productive In Life And Business, By Charles Duhigg



Synopsis

This is a book summary of Smarter Faster Better by Charles Duhigg. Description: From the author of the New York Times best-selling phenomenon The Power of Habit comes a fascinating new book that explores the science of productivity and why, in today's world, managing how you think - rather than what you think - can transform your life. At the core of Smarter Faster Better are eight key concepts - from motivation and goal setting to focus and decision making - that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics - as well as the experiences of CEOs, educational reformers, four-star generals, FBI agents, airplane pilots, and Broadway songwriters - this painstakingly researched book explains that the most productive people, companies, and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways. A young woman drops out of a PhD program and starts playing poker. By training herself to envision contradictory futures, she learns to anticipate her opponents' missteps - and becomes one of the most successful players in the world. A group of data scientists at Google embark on a four-year study of how the best teams function and find that how a group interacts is more important than who is in the group - a principle, it turns out, that also helps explain why Saturday Night Live became a hit. A Marine Corps general, faced with low morale among recruits, reimagines boot camp - and discovers that instilling a "bias toward action" can turn even the most directionless teenagers into self-motivating achievers.

Book Information

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Customer Reviews

I thought the title sounded a little hokey. Boy was I surprised. Since I read the book summary format

it was very fast and worth every minute. I reread it a few times in hopes that I recall this information when I need to apply it.

Just a great reminder of all the things to do. A little long on the stories, but worth the read to keep you focused.

It's just ok! Common sense. The abridged version is enough!

I did not find the topic particularly pertinent or useful for myself.

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