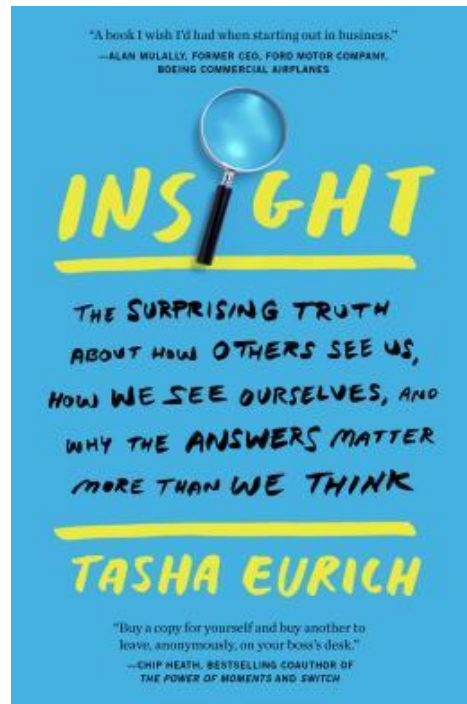


# Telecharger un livre Insight: How Small Gains in Self-Awareness Can Help You Win Big at Work and in Life

By Tasha Eurich



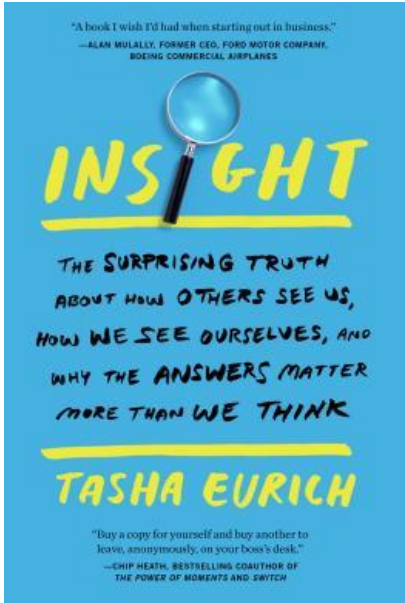
## Books Details

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## Books Descriptions

Most people feel like they know themselves pretty well. But what if you could know yourself just a little bit better--and with this small improvement, get a big payoff...not just in your career, but in your life? Research shows that self-awareness - knowing who we are and how others see us - is the foundation for high performance, smart choices, and lasting relationships. There's just one problem: most people don't see themselves quite as clearly as they could. Fortunately, reveals organizational psychologist Tasha Eurich, self-awareness is a surprisingly developable skill. Integrating hundreds of studies with her own research and work in the Fortune 500 world, she shows us what it really takes to better understand ourselves on the inside - and how to get others to tell us the honest truth about how we come across. Through stories of people who've made dramatic gains in self-awareness, she offers surprising secrets, techniques and strategies to help readers do the same - and how to use

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