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Triggers: Creating Behavior That Lasts--Becoming the Person You Want to Be (Hardback)

By Dr Marshall Goldsmith, Mark Reiter

Crown Business, United States, 2015. Hardback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book. In his powerful new book, bestselling author and world-renowned executive coach Marshall Goldsmith examines the environmental and psychological triggers that can derail us at work and in life. Do you ever find that you are not the patient, compassionate problem solver you believe yourself to be? Are you surprised at how irritated or flustered the normally unflappable you becomes in the presence of a specific colleague at work? Have you ever felt your temper accelerate from zero to sixty when another driver cuts you off in traffic? As Marshall Goldsmith points out, our reactions don't occur in a vacuum. They are usually the result of unappreciated triggers in our environment the people and situations that lure us into behaving in a manner diametrically opposed to the colleague, partner, parent, or friend we imagine ourselves to be. These triggers are constant and relentless and omnipresent. The smell of bacon wafts up from the kitchen, and we forget our doctor's advice on lowering our cholesterol. Our phone chirps, and we glance instinctively at the glaring screen instead of looking into the eyes of...



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