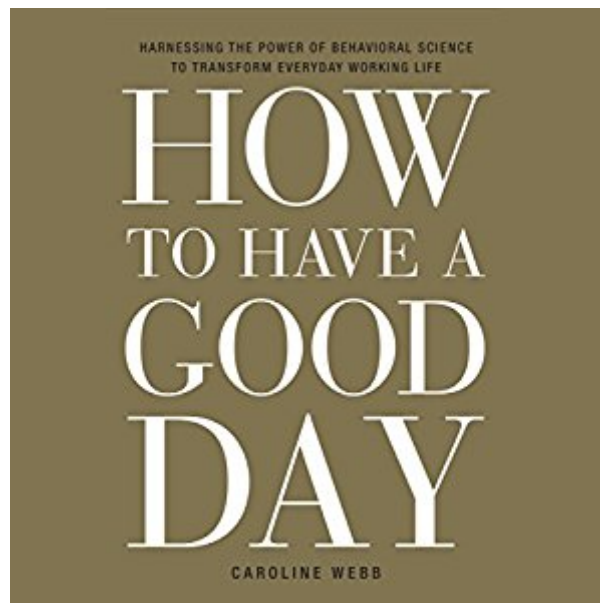




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# **How To Have A Good Day: Harness The Power Of Behavioral Science To Transform Your Working Life**



## Synopsis

In *How to Have a Good Day*, economist and former McKinsey partner Caroline Webb shows listeners how to use recent findings from behavioral economics, psychology, and neuroscience to transform their approaches to everyday working life. Advances in these behavioral sciences are giving us ever better understanding of how our brains work, why we make the choices we do, and what it takes for us to be at our best. But it has not always been easy to see how to apply these insights in the real world - until now. In *How to Have a Good Day*, Webb explains exactly how to apply this science to our daily tasks and routines. She translates three big scientific ideas into step-by-step guidance that shows us how to set better priorities, make our time go further, ace every interaction, be our smartest selves, strengthen our personal impact, be resilient to setbacks, and boost our energy and enjoyment. Through it all, Webb teaches us how to navigate the typical challenges of modern workplaces - from conflict with colleagues to dull meetings and overflowing inboxes - with skill and ease. Filled with stories of people who have used Webb's insights to boost their job satisfaction and performance at work, *How to Have a Good Day* is the book so many people wanted when they finished *Nudge*, *Blink* and *Thinking Fast and Slow* and were looking for practical ways to apply this fascinating science to their own lives and careers. A remarkable and much-needed book, *How to Have a Good Day* gives us the tools we need to have a lifetime of good days.

## Book Information

Audible Audio Edition

Listening Length: 13 hours and 23 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: February 2, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B019QZ9TT2

Best Sellers Rank: #57 in Books > Audible Audiobooks > Business & Investing > Careers #239 in Books > Medical Books > Psychology > Social Psychology & Interactions #270 in Books > Business & Money > Job Hunting & Careers > Guides

## Customer Reviews

For those of us without the time, means, or gumption to hire a career/life coach, there is help. Profound, tangible, and accessible help from this book. And blessedly, it requires little heavy lifting on our part. It turns out, the ways we get in our own way, the procrastinating, time-wasting, goal-sabotaging, can be squelched. While we've been suffering, a small army of academics has been figuring stuff out. It might be in how our brains function, our evolutionary tendencies, or the habits (good or bad) we pick up. To be clear on what "How to Have a Good Day" is not: it requires no deep plumbing of the psyche, it pushes no "alternative" way of thinking. The topics are well known. We all know procrastination is bad, we may know multi-tasking is a fallacy. But why? And what can I do about it today? The author, professional career coach, researcher, and reader of 600(!) books on the topic of behavioral science, has distilled the best, most illuminating discoveries to help those of us who know better, but can't do better. As declared in the title, yes, there is a measure of science-talk, but this is no science text. HTHAGD kicks off with an introductory primer on the concepts in play. Yet rest assured any haughty terminology has been thoroughly humanized, without being cerebrally neutered. Though even the author allows the book is navigable even if you skip chapter one. The remaining chapters drill down on seven topics, such as productivity, resilience, etc. Each topic is loosely pegged to a real individual's overcoming of their respective obstacle (e.g. priorities). Webb threads in the most revelatory science and explains why this subject's course of action worked. She then details the actionable things we can do (a specific breathing technique, a check-list, a mantra, and so on) to bring into our day. All the "tips" are packaged at the end of the chapter. So indeed, the book is built to be revisited by topic, say, two years from now on your worst day ever at work. An exhaustively comprehensive Rx for our everyday challenges. At once probing of our mental innards, and plainly, wonderfully practical. We know it does us no good to have another wasted day. With this book, we need no longer search in anguish for what to do about it. Fantastically beneficial from the first sit-down.

Caroline Webb has managed to write a heavily researched, evidence-based manual that can be helpful to just about anyone. Which probably makes it sound horribly boring, but it really isn't! Most of the book is written for people who work--at the top or the bottom of the food chain, it doesn't matter. But even I, as a stay-at-home mom and writer, found plenty in here to apply to my life. Webb's tone is very conversational, and while the content is dense, she manages to inject levity and humor often enough that I never felt bogged down. The book is divided into seven parts. In a nutshell, these parts address: 1) Setting your intentions 2) Organizing your self and your life in a more strategic way 3)

Making the most of your relationships (this is BY FAR my favorite section, holy smokes)4) Being your best, most insightful self5) Maximizing your impact6) Increasing your resilience7) Boosting your energy.As I mentioned, my favorite section, hands down, is the section about building relationships. I thought Webb offered so much good stuff here, I was blown away. Some of my favorite insights from Webb:(\*) Nobody ever experiences an entirely objective version of reality (and this is what leads to misunderstanding). This may seem like an obvious point, but the scientific explanation behind this is fascinating.(\* ) Webb's advice on how to give a "positive no" (basically delivering disappointing information with positivity and warmth) is life-changing, in my opinion. I've already put this one into practice and seen great results.(\* ) Along the same lines, I also love Webb's strategies for diffusing tense situations and delivering difficult information with kindness, clarity, and tact.And even still, there is so much more to this book. How to Have a Good Day offers plenty of helpful insight into the nature of human interaction and the science behind why we act the way that we do, that I really believe there is something in here for everyone. It's not a book to rush through, so take your time with it. It will be worth the effort.Also, if you do enjoy this book, I'd also recommendÂ Unfinished Business: Women Men Work Family.

Lots of practical advice on a broad range of topics, I found the bit on relationships and influence surprisingly good and will be reading it a second time at least!

Very practical and extends accepted knowledge to new interpretation and application.

I love this book. The title really says it all. Lots of good information that can be put into practice immediately.

It's a great read so far and I'm 1/3 of the way through. There is a lot of relevant information on how to truly have a good day but the material is thicker and takes a little more to process.

I am having better days now

Excellent book with good practical ideas.

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