



4 segundos (Gestión del conocimiento) (Spanish Edition)

Peter Bregman

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A menudo nuestras mejores intenciones y todo nuestro esfuerzo y buenos propósitos son saboteados por pequeños malos hábitos, por pequeñas reacciones que lo único que consiguen es frenarnos en nuestro camino hacia obtener lo que deseamos. El vertiginoso mundo en el que nos movemos no ayuda a mejorar el problema con las continuas presiones sobre nuestras actividades, que causan que entremos en círculos viciosos que frenan nuestra productividad. Cuatro segundos son la respuesta que Peter Bregman brinda a este problema. Con tan solo una pausa de cuatro segundos podemos evitar reaccionar mal antes las circunstancias que se nos presentan. Con anécdotas de todo tipo, Bregman muestra cómo nuestra tendencia natural a reaccionar de determinada forma nos puede jugar malas pasadas y cómo algunas estrategias contra intuitivas pueden ayudarnos a vivir mejor y ser más productivos.

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