



Traguese ese sapo: 21 estrategias para tomar decisiones rapidas y mejorar la eficacia profesional (Spanish Edition)

Brian Tracy

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Sencillamente no hay tiempo suficiente para hacer todo lo que figura en nuestra lista de cosas pendientes. La gente que tiene exito sabe que es imposible hacerlo todo. Pero lo que es determinante, sabe cómo priorizar las tareas, a fin de completar cada día las más importantes.

Según un viejo dicho, si la primera cosa que tiene que hacer cada mañana es tragarse un sapo, entonces le queda la satisfacción de saber que eso probablemente sea lo peor que hará en todo el día.

Brian Tracy ataca directamente los factores que determinan una eficaz administración personal del tiempo: decisión, disciplina y resolución.

Detalla veintiún pasos lógicos, acompañados de ejercicios específicos, que le ayudarán a terminar con la postergación de las tareas importantes hoy mismo y a definir sus objetivos y metas globales.

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