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作者：Laura Day

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内容概要

Laura Day has sold millions of copies of Practical Intuition and continues her advice here with tips for improving your career using your own intuitive skills. She says that people are more apt to use their intuition about commonplace issues than they are about investment or business practices, a horrible waste of intuitive powers. Through dozens of exercises, Day describes how you can boost your intuitive power, "become" your competition, and better predict the future. Day makes no guarantees that you'll pick the next blue-chip bond or invent the next wheel, but she does assert that your life can't help but improve if you take her ideas to heart. This book is a combination of Jon Kabat-Zinn's, mindfulness meditation theories and What Color is Your Parachute-ish self-reflection.

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作者简介

LAURA DAY is the author of the New York Times bestseller "Practical Intuition". She has been teaching her seminar of the same name for more than ten years. Her clientele includes celebrities, business executives, scientists, and professionals in many fields.

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