

## <<人性的优点>>

### 图书基本信息

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### 内容概要

《人性的优点》是美国著名成人教育家、心理学家和人际关系学家戴尔·卡耐基的代表作之一，也是20世纪最有影响的励志经典。

该书是《人性的弱点》的姊妹篇，是一本关于如何征服忧虑、创造幸福美好人生的书。

作者通过许多现实的案例告诉人们应该如何走出人生的误区；如何充分了解自己、相信自己，养成良好的习惯，保持充沛的精力；如何充分开发蕴藏在身心里而尚未利用的财富，发挥人性的优点。

该书自1948年首次出版以来，一直畅销至今，被誉为“克服忧虑获得成功的必读书”、“世界励志圣经”。

无论作为语言学习的课本，还是作为通俗的励志读本，本书对当代中国的读者，特别是青少年都将产生积极的影响。

为了使读者能够了解图书内容概况，进而提高阅读速度和阅读水平，在每章的开始部分增加了中文导读。

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### 书籍目录

#### 第一部分 你应当懂得的关于焦虑的基本事实

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#### 第二部分 怎样消除习惯性的焦虑

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第4章 与不可避免的事实合作

第5章 给你的焦虑所设一个“止损线”

第6章 不要试图“锯木屑”

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#### 第三部分 培养平静、快乐的精神状态之法

#### 第四部分 如何避免为批评担忧

#### 第五部分 避免疲劳和忧虑、保持精力和兴致高涨的方法

#### 第六部分 关于战胜忧虑的真实故事

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## 章节摘录

Note that last again : "Without purpose , the days would have ended , as such days always end , in disintegration." If you and I are worried , let's remember that we can use good old-fashioned work as a medicine. That was said by no less an authority than the late Dr. Richard C. Cabot , formerly professor of clinical medicine at Harvard. In his book *What Men Live By* , Dr. Cabot says : "As a physician , I have had the happiness of seeing work cure many persons who have suffered from trembling palsy of the soul which results from overmastering doubts , hesitations , vacillation and fear.... Courage given us by our work is like the self-reliance which Emerson has made for ever glorious." If you and I don't keep busy - if we sit around and brood - we will hatch out a whole flock of what Charles Darwin used to call the "wibber gibbers". And the "wibber gibbers" are nothing but old-fashioned gremlins that will run us hollow and destroy our power of action and our power of will.

I know a businessman in New York who fought the "wibber gibbers" by getting so busy that he had no time to fret and stew. His name is Tremper Longman , and his office is at 40 Wall Street. He was a student in one of my adult-education classes; and his talk on conquering worry was so interesting , so impressive , that I asked him to have supper with me after class; and we sat in a restaurant until long past midnight , discussing his experiences. Here is the story he told me : "Eighteen years ago , I was so worried I had insomnia. I was tense , irritated , and jittery. I felt I was headed for a nervous breakdown. "I had reason to be worried. I was treasurer of the Crown Fruit and Extract Company , 418 West Broadway , New York. We had half a million dollars invested in strawberries packed in gallon tins. For twenty years , we had been selling these gallon tins of strawberries to manufacturers of ice cream." Suddenly our sales stopped because the big ice-cream makers , such as National Dairy and Borden's , were rapidly increasing their production and were saving money and time by buying strawberries packed in barrels. ....

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