

Simone Janson (ed.)



DECIDE NOW!

Make the Right Choice
under Stress



Create concepts spontaneously despite time pressure, develop convincing strategies, learn to solve problems, achieve & win goals



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Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because it is difficult to make good decisions when you have time to think and weigh them up. But how do you make the right decision spontaneously and under stress and time pressure? How do you get all the information you need in a short amount of time to avoid wrong decisions? And how can you control intuitive decision-making processes so that they actually run optimally and based on facts? This book provides answers to all questions and helps you make better decisions.

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This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks

Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

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One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

Experience Success and Inspiration: Discover your Way and support Sustainability

But that's not all! We want to offer you a very special opportunity that will make your journey to personal growth and success even more unforgettable. Because we know that it's not just about reading, but also about experiencing and applying what you've learned. That's why we want to offer you exclusive vouchers for suitable trips and other items that perfectly match your chosen guide. To achieve this, we work with numerous network partners in accordance with our compliance guidelines.

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So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Recognizing internal blockages and defeating them spontaneously: 4 tips in the emergency emergency package

// By Claudia Hupprich

Sometimes deep-seated blocks, called wusel, hit us completely unprepared, and we then react unusually emotionally. Perhaps you are interested in getting to know a few small emergency interventions that do not change the bustle behavior but at least interrupt it.

The small emergency package: 4 tips to stop the bustle

There are plenty of ways to reduce stress caused by a wusel. In the following you will find four small exercises, which are excellent as an interruption, if a Wusel again with its usual behaviors.

1. Breathe away the wusel

If it is a wusel that triggers stress or anxiety, it helps to consciously focus on your own breathing.

Breathe in and out calmly

Breathe peacefully through the nose and through the mouth. Pay particular attention to a slow and as long as possible exhalation. Imagine how you exhale a bit of stress or fear with each exhale.

And take a little break before you start inhaling again to imagine how you inhale the necessary calm and serenity.

Breaks and mindfulness

Mindfulness for your own breathing instead of directing yourself to the voice of a bustle is an ideal interrupter for many bustle actions.

If you are currently unfamiliar with breathing techniques, you may be skeptical at this point. Nevertheless, try the exercise on occasion. Chances are, you'll be pleasantly surprised.

2. Information overflow

If you hear the voice of a bustle and want to hide it, the following exercise will help. Sit comfortably on a chair so that your feet are both on the floor. Now feel your breathing again.

Concentrate on breathing

Concentrate on your breath, focus your attention on it. You may still hear the wispy voice telling you something you don't want to hear. This is not bad at all, but takes us to the next step of the exercise.

Now focus not only on your breathing, but also on how your feet are on the floor, how it feels to feel the floor.

It depends on your perception

It is important that you concentrate on both at the same time. So on the breathing and on the feet. Is the wispy voice still there? Don't worry.

Then you will also notice how you feel the back of the chair. So focus on breathing, feet on the floor and chair back. It is quite likely that you cannot concentrate on these three things at the same time. And that's a good thing, because then you can no longer concentrate on the screaming voice.

3. Sun versus waste oil

If the Wusel has already caused bad mood, frustration or anger, the following exercise helps:

Sit comfortably, watch for a moment on your breathing and feel your feet on the floor. Notice how you breathe and breathe out while your feet are stably on the floor. Close your eyes and bring the focus to the inside of your body. Imagine how the stress, the anxiety, the anger, all the negative thoughts and moods in your heart have found a place where all of this condenses into a thick soup, a black broth - similar to waste oil.

The mental drain valve

Now install mentally a drain including check valve on one leg at the height of your ankle. This does not have to be anything complicated, a simple drain valve is enough. If you feel like it works with a golden valve. You decide.

Open the shut-off valve and notice how the black broth, the old waste oil, flows out of you through the drain and the liquid level continues to drop. When everything is outside, close the valve again. Give yourself a moment to feel how it feels.

Think of an energy source