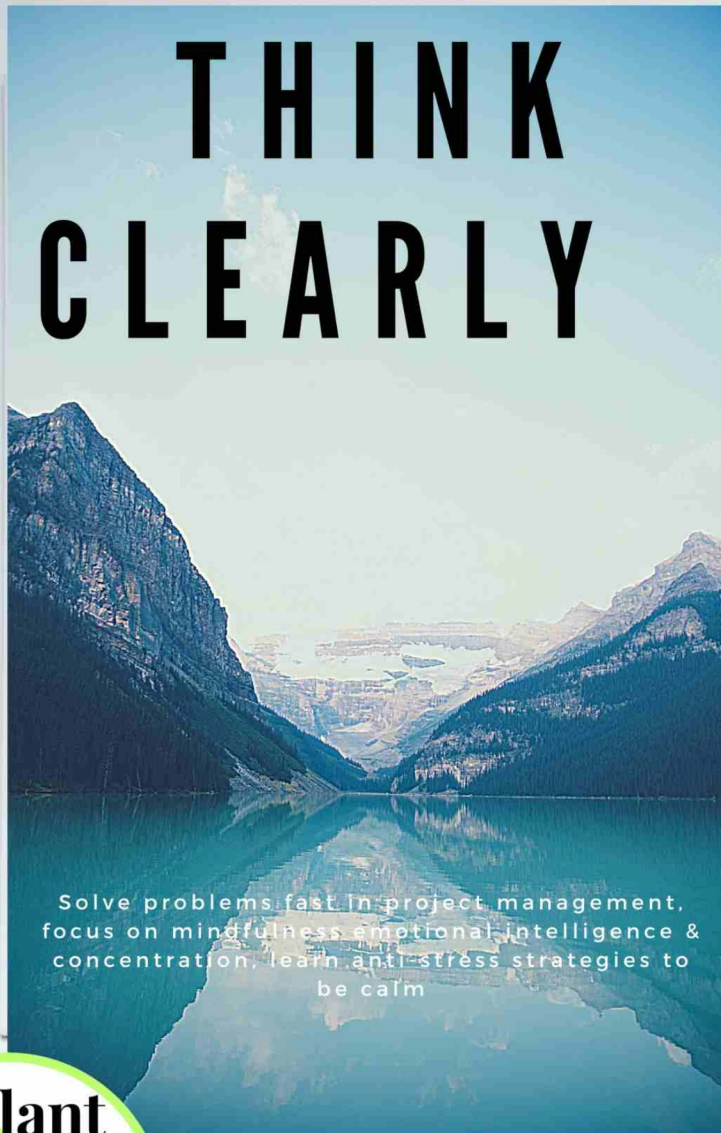


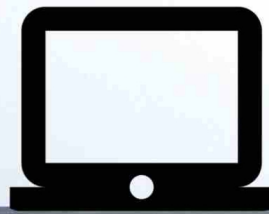
Work More

THINK CLEARLY

Efficiently



Solve problems fast. In project management, focus on mindfulness, emotional intelligence & concentration, learn anti-stress strategies to be calm



Simone Janson (ed.)

Best of HR - Berufebilder.de®

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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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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 solving problems and achieving goals that you have set yourself or externally is not always easy in everyday stress. Intrinsic motivation helps to focus on what is really important and essential. Focus is the magic word when it comes to working efficiently and productively and putting plans into action, even when unexpected obstacles stand in the way of implementation. Good time management, mindfulness and resilience contribute to overcoming difficulties without fear and working more efficiently in a focused manner. This book shows how to do it.

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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.

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The power of clear everyday communication and language: risk populism!

// By Stefan Häseli

According to Donald Trump, the political experts observed very closely how the so-called “populists” perform. In view of the risk, our citizens sometimes simply lack the words.

Differentiation instead of simple solutions

Too many immigrants or place for more, says nothing about the right measure. What can not be communicated simply has no chance - neither in politics nor in the electorate.

The consultants agree: only simple solutions can be sold. Differentiation will be punished - at the latest on Election Day. Bold black and white painting sells better than subtle tone-in-tone images.

No words of clarity

If the election does not turn out as politicians would like it to be, it is said that "the message was simply not communicated clearly enough."

No wonder, though - after all, you can not communicate clearly if there are no words of clarity. However, these are difficult to find - in exceptional circumstances.

The voice of the people

Populists are happy to use the “voice of the people” to win this vote. Simple ideas are simply better to sell. At first glance, at least. Because the days of simple solutions are long gone.

The problems of the world can not be solved by simple means, even if they are supposedly easier to pack in tweets. In the meantime the connections are far too complex, far too global the challenges.

Who wants to be average?

Sometimes you really get the impression that only extremes count. The norm is rarely given the floor - in the truest sense: low temperatures are called cold, warm temperatures heat.

Between? Is there nothing! At least not a common word, which says when it is pleasantly tempered. Why? Even if, as with pleasant temperatures, our well-being

is pleased - who wants to be already average. In real life, it matters to be faster or better.

The world of language

We live in the communication age and are not able to communicate with each other in such a way that we can communicate differently. A relic from a time when language communication did not yet have the importance as today.

At the time of the origin of our language the relations were much clearer. Most of the time it was simply about survival. A mechanism which, if we look at populism, still seems to work.

Help everyday communication to new fame

"How old are you?" or "How young are you?" we like to ask. But is there something in between? "How many years do you have?", Maybe? Not a real alternative. So we're either old or young. Too bad! Basically, you would just have to invent new words.

And maybe that would be a meaningful political program: The averageity, which we denounce, but still appreciate for us as a secure way of life, to make socially acceptable and help her with everyday communication to new fame.