

Simone Janson (ed.)



**Achieve goals, gain courage motivation
& anti-stress resilience, overcome self-
sabotage manipulation & fears, learn
psychology mindfulness & emotional
intelligence**

RIDE THE BULL

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Ride the Bull

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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 riding the bull means tackling a problem and taking it by the horns. Unfortunately, the opposite often happens: Because of all the worries, fears and pondering, many people lack the courage to even start something. This is where the power of positive thinking helps to jump straight on the bull: It can make a decisive contribution to coping with job and everyday life better, more relaxed and, in the end, more successfully. Positive thinking helps to consciously control negative thoughts and thus gradually get rid of them. If you change your perspective and your attitude towards something, you will quickly notice how your own perception and thus the thing itself change for the more positive. And he will take courage to get started and pursue his own goals, even if the bull throws him on the way. This book shows how you can develop resilience and become a strong personality with the help of positive psychology, mindfulness and the right beliefs.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

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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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.

Promote innovation with unusual methods: 7 tips for the learning sandbox

// By Eric Ries

The challenge is to create a mechanism that openly supports the autonomy of the innovation teams. A good remedy for this is the innovation sandbox.

Why an innovation sandbox?

I recommend companies set up an innovation sandbox that “fences” the applications and impacts of the new innovation, but does not restrict the innovation team's working methods.

This paves the way for a sustainable culture of innovation that is viable in the long run, when companies repeatedly feel threatened by their existence.

7 Tips for Introducing an Innovation Sandbox

How does setting up such an innovation sandbox now work really well in everyday business? 7 tips at a glance:

1. Each team is given the opportunity to experiment with split-run tests that only affect the sandbox elements of the product or service (if they consist of several modules) or clearly defined customer segments and territories (for a new product).
2. Monitoring and control of the entire experiment should be the responsibility of a single team.
3. No experiment should exceed the estimated timeframe (usually a few weeks for simple functional experiments and longer times for disruptive innovations).
4. No experiment should affect more than the number of customers (usually expressed as a percentage of the total company's main customer base).
5. Each experiment should be evaluated on the basis of a single standardized report with five to ten (no longer) action-oriented parameters.
6. Each team working in the sandbox and each product developed in it should use the same success parameters.
7. Each team should be responsible during the experiment to track the key figures and customer responses (support requests, forum posts, etc.) and break this down if a disaster threatens.

How to “build” an innovation sandbox