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Simone Janson (ed.)

PASSION & SUFFERING AT WORK

Win psychological status-games & role-plays, deal with bosses & colleagues,
learn conflict management non-violent communication & the power of
rhetoric

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Roland Jäger

Petra Schächtele-Philipp

Peter Kensok

Dr. Matthias Nöllke

Markus Hornung

Stephan Derr

[Dirk Kreuter](#)

[Vanessa Schäfer](#)

[Jörg Romstötter](#)

[Professor Dr. Martin-Niels Däfler](#)

[Klaus Schuster](#)

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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 nowhere are lust, joy and passion so closely linked to actual suffering as at work. On the one hand there is enthusiasm for the job, which is often a self-chosen vocation, on the other hand there is interpersonal power games, choleric narcissists and self-promoters, who quickly put an end to any motivation if one does not take the appropriate precautions. But which strategies still help with such team members, employees and superiors? This book gives insights into the psychology of not only executives and reveals rhetoric tips for conflicts and disputes. It also shows how you can influence organizational cultures in your favor, even without an official managerial function, convince other people with your arguments and thus make life easier for yourself in stressful situations.

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

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learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

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](#).

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Resilience through fun: How to make carnival successful

// *By Dr. Denis Mourlane*

Why are the Rhinelanders probably the most resilient people in Germany? They celebrate carnival. A subject that is fun.

What is Resiliency?

Resilience is synonymous with psychological resilience and the ability to deal with the challenges of life.

The term is currently gaining in popularity. The ability in itself, of course, is not new, and, like intelligence, has always been of great importance for the happiness and misfortune of human beings.

Research has worked out a variety of personal factors that help a person deal with the adversities of life.

Why Rheinländer are more resilient

A central one of these factors is the attitude that a person takes to himself and to his environment. This has always been the case, but has been researched scientifically for several years.

A German population group, which has long recognized this, seem to be the Rhinelanders. If you look at the 12 Rheinische Grundgesetze, you will discover almost all the factors that make up a highly resilient person.

The Rheinische Grundgesetze and Resilienz

- **Article 1:** Et es wie es es (It is as it is): describes in a wonderful way the phenomenon of acceptance. Resilient people accept that life does not consist solely of positive things and also see setbacks as part of the life that it is to cope with.
- **Article 2:** Et kütt wie et kütt (It comes how it comes): describes the ability of resilient people to set goals and pursue them without fear of failure.
- **Article 3:** Et hätt still jot jejeange (It still went well): is the article, which constitutes a core aspect of Resilienz: the realistic optimism.
- **Article 4:** It is also a fact of acceptance that teaches us to distinguish the things we can influence from the things that we can not influence.
- **Article 5:** Do lauchste you kapott (Since you laugh at yourself): highly-resilient people have the ability to take even heavy situations with humor and to laugh at themselves and their own shortcomings.

- **Article 6:** Et bliev nix et et wor (Nothing remains the same): describes the basic attitude of resilient people that life consists of change and should be understood as an opportunity rather than a risk.
- **Article 7:** Know mer nit, break mer nit, fott domet! (We do not know, we do not need to continue): describes the abilities of highly-resilient people not to let everything please, but to remain active and take influence where they can. We psychologists call this self-efficacy.
- **Article 8:** What waved maache? (What do you want to do?): Its meaning is very close to the “resilience factors” “Et es wie et es” and “Wat fott es es fott” and shows the importance of human ability to accept and to be influenced by the non-influenceable make a difference in the Rhenish culture.
- **Article 9:** Mach et jot ävver nit ze off (Do it well but not too often): refers to the Rhinelanders that one should also enjoy life, so to have fun and to see the positive. But not only and: not too often. So it has much to do with the resilience factor discipline.
- **Article 10:** Wat soll dä nonsense? (What is the nonsense?): Describes the probably most difficultly mediated resilience factor: the causal analysis. This is nothing more than the ability to analyze situations and reasons for setbacks well, thus keeping a very critical attitude to oneself and situations.
- **Article 11:** Have a drink! (Drink one!): One of resilience research's longest known protective factors, is the ability of people to build close, supportive relationships with fellow human beings. These also help us to overcome difficult life challenges.
- **Article 12:** Each jeck is different: describes nothing less than the ability of high-resisting people to empathize, that is, the willingness and gift to move into other people. In the case of resilient people, it is not only about themselves.

What does science say?

Acceptance, goal orientation, optimism, humor, open handling of change, self-efficacy, seeing the positive in life, discipline, good analytical skills, strong bonds and empathy are the most important resilience factors. People who carry and care for these factors are actually happier, healthier and more successful. This is shown by science.

The 12 Rheinische Gebote shows us that the Rhinelanders have recognized this without research for a long time. Thus, it remains only the task of scientifically proving that the Rhinelanders are actually more resilient than the other German population groups. Have lots of fun with it!