



Eat that frog

Brian Tracy

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Eat the frog ist ein amerikanisches Sprichwort, das so viel besagt wie: Wenn du gleich morgens als Erstes einen lebendigen Frosch verspeist, kannst du beruhigt durch den Tag gehen und darauf vertrauen, dass dies das Schlimmste war, was dir an diesem Tag passieren konnte.

Im übertragenen Sinne: Wer jeden Tag mit der schwierigsten und wichtigsten Aufgabe beginnt und diszipliniert daran arbeitet, wird Erfolg haben und Meister seines Lebens sein.

Dieses Audioprogramm bietet in 21 Schritten eine Anleitung zu erfolgreichem Handeln: von der Fokussierung auf Schlüsselaufgaben über Selbstmotivation bis hin zur tatsächlichen Umsetzung der eigenen Pläne.

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Helen Tate:

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