



One Minute For Yourself (One Minute Manager)

Spencer Johnson

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By best-selling co-author of The One Minute Manager and author of Who Moved My Cheese?, this book shows how to bring out the best in yourself in a time-starved world. Life is lived minute by minute. Does time seem too precious to lavish on yourself? Using his world-famous One Minute programme, number one bestselling author Dr Spencer Johnson reveals easy ways to bring out the best in yourself. - Reduce stress at work and at home - Enjoy a sense of peace and balance - Have more business and personal success - Take better care of yourself and encourage others to do the same. With the practical wisdom that characterises all of his books, Dr Johnson shows how stopping and taking a minute out of the day can make life more meaningful and enjoyable - for you and those near you. Spencer Johnson is an internationally bestselling author whose books have helped millions of people discover healthier lifestyles with more success and less stress.

One Minute For Yourself (One Minute Manager) Details

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Author : Spencer Johnson

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From Reader Review One Minute For Yourself (One Minute Manager) for online ebook

Quan Nguyen.V says

Không thích sách l?m nh?ng c?ng c?ng có ??c g?n h?t, vì cu?n sách nói không thoát ý và h?i lòng vòng.

Muốn xem xét bốn thân thì cần có cách so sánh.

Mu?n phát tri?n b?n thân thì c?n có m?c tiêu ?? h??ng t?i.

Mu?n ?i t?i m?c tiêu thì c?n xác ??nh ???c con ???ng.

Mu?n ?i h?t con ???ng th? c?n duy trì phát tri?n b?n thân.

Mu?n phát tri?n b?n thân thì c?n xem xét nhìn l?i.

Muốn xem xét nhìn l借口 thì có cót mực so sánh.

Cu?n sách mu?n nói r?ng h?y c? nh?ng m?c ti?u, v? h??ng t?i n? m?t c?ch khoa h?c nh?t, ??ng ?? nh?ng ?i?u kh?ng li?n quan t?i m?c ti?u ?ó l?m ch?ng ta l?u b??c.

N?u vi?c t?i m?c tiêu quá khó, h?y ?i con ???ng kh?c, h?y chia nh? m?c tiêu, h?y t?o các ch?ng ???ng và ?i?m ngh? gi?a ch?ng. ?? ch?ng ta luôn m?nh kh?e, tràn ??y n?ng l??ng ?? b??c ti?p.

Sarbook says

<http://sarbook.com/product/293313>

Linh says

This book is also from Spencer Johnson. It seems to be the typical way of him to tell lessons of life via stories which i like a lot. What i love the most about the book is the one-minutes-for-yourself principle. Actually, when i grow older, i realize that i am chasing a lot a goals, targets and i am taken into different things then i feel tired. The book reminds me to spend the time (1 minute) to reflect myself to listen to the inner voice in me "What is my feeling now? What do I want? What makes me happy?". In a word, i learn from the book that listening to ourselves is the shortest way to be happy.

Micke Sandlin says

Svenska titeln är "En minut för mig själv". Som med de andra Enminutsböckerna är det en historia som följer. Men den här gången är verken historian, upplägget eller budskapet någon höjdare. Dock är ju Spencer Johnson en av mina favoritförfattare så en svag 3:a får betyget bli. Men läs hellre "Vem snodde osten", "Ja eller Nej" eller "The Present" av Johnson istället för den här.

Ngan Pham says

M?t cu?n sách khá hay giúp b?n có nh?ng quy?t ??nh sáng su?t trong cu?c s?ng b?ng cách dành nh?ng kho?ng th?i gian ng?n ?? t?nh l?ng, nhìn l?i b?n thân. ??c bi?t tác gi? cho ng??i ??c th?y ??c s?c m?nh c?a vi?c quan tâm, yêu th??ng chính b?n thân mình và khuy?n khích nh?ng ng??i xung quanh chúng ta h?y yêu l?y b?n thân h?. Chính nh?ng ?i?u t??ng nh? ??n gi?n l?i có s?c m?nh to l?n.

Nhemskie says

Taking Care of Me:

A Summary

What It is:

- * The greatest reason for outer success --- at work and in life -- is inner success.
- * I realize that taking care of business, means taking care of my "Self."
- * To begin with, I simfliply my life.
- * I treat myself the way I would like others to treat me. I am good to myself.
- * I often stop during the day for One Minute to look and listen.
- * I look at what I am thinking or what I am doing and ask myself , "How can I take good care of myself?"
- * I quietly listen for an answer within me-- to the wisdom of my Best Self and discover what is really best for me.
- * When I clearly see what is best for me, I usually do it.

Why It Works:

- * When I take good care of myself, I am less angry and happier -- with myself and others.
- * When I am happier, I work better. And I treat the people around me better.

Taking Care of Thee:

A Summary

- * Thee is "me" in you, We are basically alike-- you and I. when I remember this, I can help you take better care of you.
- * I know your taking good care of yourself is as helpful to you as my taking care of myself is to me. Because when you do, you are happier.
- * When you are happier, other people-- including me-- are happier when we are with you.
- * I show you best by example just how good it is for me and for people around me when I stop to take better care of myself.
- * I feel balanced and caring when I am helping others to take better care of themselves-- when I am there for them to help them do it.
- * When you take very good care of yourself, you-- like me-- are also helping take good care of others.
- * I encourage you to take that important One Minute for your "self": to stop and look at what you are doing or thinking and ask yourself if there is a better way for you.

Taking Care of We: A Summary

It helps me have a better relationship with other people when I remember:

- * When we've taken good care of ourselves, we can share our Best Selves with each other.
- * When we nurture ourselves, we can then go on to better nurture one another.
- * More important than my being loved is my being loving.
- * We may have some small conflict now, but we avoid much larger and more serious conflicts later, when each of us takes better care of ourselves.
- * Our commitment is not to run away from ourselves, but for each of us to take good care of ourselves and to take good care of one another.
- * We can help ourselves and each other by asking, "Have You Hugged YOURSELF Today?"
- * We can have a wonderful relationship together, when I have one with me, and you have one with you.

Nhung Nguy?n says

Úng là m?i ngày h?ay d?nh ch?t th?i gian ?? nh?n l?i b?n th?n, nh?n l?i t?t c? nh?ng g?i m?nh ?ang c? v?ang h?i?n th?c. ??ng ?? cu?c s?ng h?i h? cu?n tr?i t?m h?n an l?c c?a b?n.

You should look at yourself sometimes to know that what you have, what you are doing. Make it free, dont put too much pressure on your mind.

Shatha Al-Jamhoor says

We are not just our behavior, we are the person managing our behaviors..!

Huong Aromita says

Cu?n s?ch nh? nh?ng, r?t ph? h?p v?i th?i ?i?m n?y tr cu?c ??i t?i: khi t?i h?i h? lao v?o c?ng vi?c, cu?c s?ng, b? nh?ng c?ng th?ng, m?t m?i, ti?u c?c l?n chi?m t?m tr?; nh?ng th?i quen ko t?t, vi?c qu? lao ra ngo?i v? ko d?nh time cho b?n th?n "Úng ngh?a", ch?m s?c b?n th?n... ?ã khi?n cu?c s?ng h?i?n t?i ng?y c?ng c? ...v?n ??.

Úng nh? t?a ??, cu?n s?ch gi?p t?i nh?n ra t?m quan tr?ng c?a vi?c D?NG L?I; d?ng l?i 1 ph?t trong ng?y, ?? h?it th?, ?? l?ng nghe c?i t?i tr?n v?n b?n trong, ?? ch?m s?c b?n th?n m?nh. Th? c?n ?c quan t?m nh?t- ko ph?i c?ng vi?c, con c?i, gia ?inh, m?i quan h?, s? nghi?p ?âu, m?a l? CH?NH B?N. Ch? khi b?n ???c quan t?m, ch?m s?c trong s? h?i ho? v? th?ng tu? c?a c?i t?i t?n n?ng v? tr?n v?n b?n trong, thi b?n s? tr? n?en h?i ho?, c?n b?ng, v? t? ?ó c?i nh?n th?u ?áo trong c?ng vi?c v? cu?c s?ng; v? b?n c?ng s? bi?t c?ch ch?m s?c ng??i kh?c.

D?ng l?i 1ph trong ng?y v? t? h?i "Tôi c? th? làm ?i?u g?i kh?c ?i ?? b?n th?m c?m th?y t?t h?n?". D?nh th?i

gian cho b?n th?n m?nh, s? th?ch, kh?m ph? , n? c??i....

D?ng l?i, ?? ti?p t?c con ???ng b?n ?ang ?i; ?? r? sang m?t h??ng m?i; ho?c l?m b?t k? ?i?u g? m? b?n c?m th?y t?t nh?t cho b?n th?n m?nh.

Th?ng ?i?p c? v? ??n gi?n ?6, nh?ng l? m?t c?ch r?t h?u ?ch ?? b?t ??u qu? tr?nh thay ??i.

Cu?n s?ch ko qu? deep, nh?ng c?ng r?t v?a ph?i, r?t ?? cho ch?ng ta chi?m nghi?m, th?c h?nh v? t? nh?n th?y s? hi?u qu? c?a n?.

Stella Reeds says

Really interesting stuff here :-)

If you want to make your life better for yourself and for others too with a little practical advice that does not take more than a minute than you should check out this book.

Little summery of the principle in action:

When you take care of yourself you are going to became a better version of yourself and this not only will impact your life for the better but the lives of others that surround you.

Thus, you should ask yourself anytime in the day, especially when things go wrong - "how could I care better for myself?" - than give yourself a minute for the answer to emerge from your intuitions. The answer will help you feel better and than act better around others.

Secondly, you can help others by inviting them to do the same and care about themselves better and more often.

If everybody cared about themselves enough than they woud have the energy to care about others and the world would be a better place.

So, as always here too, change begins with yourself. Don't wait for others to care about you, first care about yourself.

Mazin Abbas says

this book was a life changer and an eye opener to me on so many aspects of my life ...thumbs up

Jan Berry says

The message is good but the story (a conversation between an unnamed man and his "Uncle") is trite.

Fortunately, it is a short book and I could plow through it. They also have summaries of each section - what the man learned from the Uncle. Most of the lessons made me think, "Duh, he didn't know that?!" but how often do we really put these ideas into practice: love and take care of ourselves rather than expecting happiness to come from other people, be more loving to others rather than expecting love from others, support others to care for themselves. One big take-away...ask yourself, "Is there a way, right now, to take better care of myself?"

Eli says

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Narinder Bhatia says

A small little book on a highly relevant topic. Self-care is the need of the hour and the sooner we start doing it, the better we will be able to cope with the uncertainties of life. The best part about the book is driving home the relevance of "one minute" and not just the concept of "oneself/ yourself". The book beautifully delivers about the transformative power of "one minute".

GaT says

Đây là cuốn sách đầu tiên mình mua, hồi mua vào hồi học. Xứng đáng 3 sao, tôi mua, ý tôi: ok nhưng cách trình bày ko sâu sắc, và có cảm giác bù lấp i lấp lấp lấp nhuộm (đây là nhận xét của mình hồi đó). Mình thích hồi đó vì nó là teen book em nào cũng có mà mua 1 ngày xong.

- Thom Vi

- <https://gatbook.org/books/11487>
