



Be the Hero: Three Powerful Ways to Overcome Challenges in Work and Life

By Noah Blumenthal

Berrett-Koehler. Paperback. Book Condition: new. BRAND NEW, Be the Hero: Three Powerful Ways to Overcome Challenges in Work and Life, Noah Blumenthal, A victim mentality is rampant in organizations today. My boss is a jerk. This is a dead-end job. I can't change anything here. The result is lost productivity, lack of creativity, departmental in-fighting a toxic atmosphere. But nobody has to be a victim. The truth is people make themselves victims. It's just an interpretation of reality, a story they tell themselves. People can choose a different story. They can stop seeing themselves as helpless victims and instead discover how to put themselves in charge. Anyone can choose to Be the Hero . Appropriately enough, executive coach and corporate speaker Noah Blumenthal uses a story of Jeff, a young executive facing what seem to him insurmountable challenges to show readers how to gain greater success and satisfaction in their lives by transforming the ways they interpret the actions of others, their own situation, and themselves. And he includes a plethora of practical resources that will teach readers how to consistently shift their perspective from victim to hero.



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