

《战胜消极，打造一个内心宁静以实现成功的环境》 Focus on the Good Stuff: The Power of Appreciation》

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内容简介

Written by a former professional baseball player whose career was ended with an injury to his pitching arm in the middle of his third season, *Focus on the Good Stuff* is filled with passion, authenticity, and humor. Author Mike Robbins offers a step-by-step program with exercises for overcoming negative influence and obstacles, creating a truly grateful approach to life, and establishing an environment that can support success and peace of mind.

作者简介

Mike Robbins, former pitcher with the Kansas City Royals organization, is a sought-after keynote speaker, consultant, and coach. His clients include AT&T, Chevron, the U.S. Department of Labor, Kaiser Permanente, New York Life Insurance, and Stanford Univ

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Richard Carlson

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About the Author

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