



Die Kunst der Selbstmotivierung (German Edition)

Jens-Uwe Martens, Julius Kuhl

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Dieses Buch beantwortet alle wichtigen Fragen der modernen Motivationspsychologie: Wie können wir erreichen, was wir uns vornehmen? Wie funktioniert Selbstmotivation und wie kann sie erlernt werden? Es werden sieben Wege zur Entwicklung eines intelligenten Umgangs mit den Anforderungen des Alltags erklärt und zahlreiche Tipps zur Anwendung des neu erworbenen Wissens gegeben.

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"Der Anwender und der Wissenschaftler haben zu einer außerordentlich geglückten Zusammenarbeit gefunden. Sie nehmen sich Zeit, die psychologischen Grundlagen detailliert und verständlich zu erklären und den Bezug zur Anwendung deutlich zu machen."

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