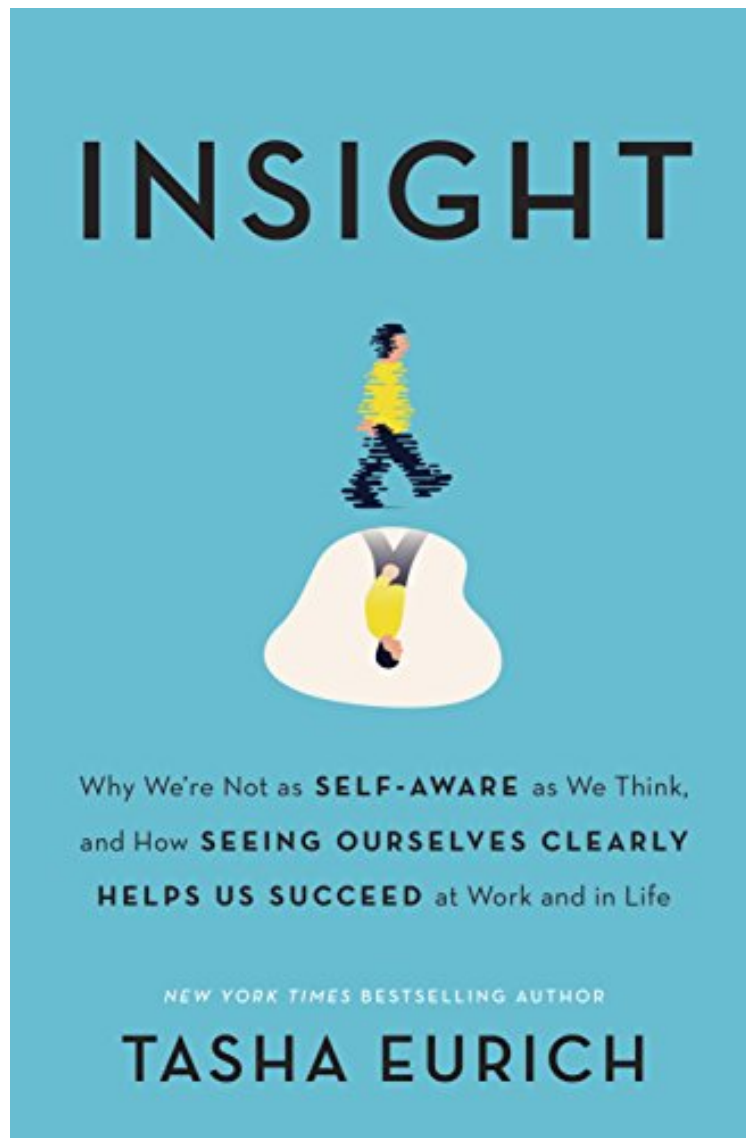


[Ebook pdf] Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed at Work and in Life

## **Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed at Work and in Life**

*Tasha Eurich*

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**Tasha Eurich : Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed at Work and in Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed at Work and in Life:

46 of 48 people found the following review helpful. insight: why we're not as self-aware as we think we are By Alla S. This was an interesting book about the importance of being self-aware. A fact that's noted throughout the book is that one can be externally self-aware without being internally self-aware and vice versa. Self-confidence doesn't have anything to do with self-awareness as studies quoted concluded that the most confident are generally the least competent. Interestingly, despite all the literature on self-confidence, this book mentions that the overall confidence of the population has dramatically gone up over the last decades as opposed to the mid-twentieth century. Self-absorption has gradually become the norm with the proliferation of the social media outlets and obsessions with selfies, though paradoxically, the practices are more about presenting oneself than connecting with others. The book also delves into the differences between people who are truly delusional and those who are aware but don't care. The book cautions to avoid self-awareness thorns like ruminations (thinking and analyzing too much something that has already happened) or being too introspective (obsessed with past events as a way to explain one's present struggles). Instead, the author advises to focus on what will happen, and, when studying the reasons for one's happiness, as the "what" ("what do I not like, and what can I do to change it") rather than the "why" ("why I don't like something") question, which can sometimes be too hard to answer and ultimately get one confused and even more stuck in his problems. The book is filled with personal stories, and various studies. Many phrases are typed in bold throughout the book, making it easy to extract the main point from the sections or to skim. One repeated advice throughout the book is to ask others about how you come across, since they're more objective than self-analysis. On the other hand, it's also mentioned that most people have a hard time being truthful with others, and are thus unlikely to really tell them, making this a challenging endeavor. Overall, an interesting book.

0 of 0 people found the following review helpful. Eye Opener and a Life Changer By Customer Dr. Eurich's work in the research of self-awareness is truly eye-opening and life-changing. Throughout the book and workbook, I had many "alarm clock moments" that opened my eyes to how other people perceive me - some were in line with what I thought but most were pretty shocking to learn. If you're looking for a way to improve your personal life and career or just wanting to gain true insight into who you are, this book is certainly for you.

0 of 0 people found the following review helpful. Full of insight! By G SA friend recommended this... I wonder why!?!?! Very insightful book. Just reading it will make you more self aware if you have half a brain.

Most people feel like they know themselves pretty well. But what if you could know yourself just a little bit better—and with this small improvement, get a big payoff—not just in your career, but in your life? Research shows that self-awareness—knowing who we are and how others see us—is the foundation for high performance, smart choices, and lasting relationships. There's just one problem: most people don't see themselves quite as clearly as they could. Fortunately, reveals organizational psychologist Tasha Eurich, self-awareness is a surprisingly developable skill. Integrating hundreds of studies with her own research and work in the Fortune 500 world, she shows us what it really takes to better understand ourselves on the inside - and how to get others to tell us the honest truth about how we come across. Through stories of people who've made dramatic gains in self-awareness, she offers surprising secrets, techniques and strategies to help readers do the same - and how to use this insight to be more fulfilled, confident, and successful in life and in work. You'll learn: -The Seven Pillars of Insight that separate the aware from the unaware. -The invisible roadblocks to self-awareness. -Why common approaches to self-knowledge like therapy and journaling don't always lead to insight -How to kill your inner ruminator and other bad habits that sap your confidence -How to prevent the "cult of self" from recruiting your child, and eradicate "selfie-syndrome" from your household -Why few people know how other people see them, and how to learn what people are really saying when you leave the room. -How to hear feedback without fighting or fleeing. -Why people with the most power can often be the least self-aware, and how the best leaders avoid this trap -How to deal with delusional bosses, friends, in-laws, etc in your life. -And more.

"A sprawling exploration of the psychic frailty that leads to self-delusion and self-aggrandizement, and—importantly—a compassionate, helpful guide for avoiding that path (or reversing it)." - Fortune "A bold, exhilarating take on self-improvement brings fresh perspective to an old question. This book might help you perform better, make better decisions and become happier." - Success Magazine "Dr. Tasha Eurich's new book is a sometimes uncomfortable, always powerful eye-opener to what it takes to be truly successful. Insightful, penetrating, humane, and holistic in her approach.... [her] advice—that we should challenge our own beliefs about who we are, and enlist others to do the same—she knows is hard. But it's the hard things that are worth doing, that will lead to sustainable success in individuals, organizations, even nations. Insight shows us how" - 800 CEO Read "Think of the most clueless, unself-aware person you know: your boss, annoying neighbor, brother-in-law. How can we avoid being that person? And teach our kids to avoid being that person as well? Eurich summarizes the fascinating science about self insight, but—perhaps more importantly—she studies admirable individuals who are self-aware in a way that is applauded by their peers. You'll benefit from knowing what they know. Buy a copy for yourself and buy another to leave, anonymously, on your boss's desk." - Chip Heath, coauthor, New York Times bestsellers Switch and

Decisive"Self-knowledge is key to a happy life, but it can be hard to know ourselves. It's easy to get distracted by the way we wish we were, or what we think we ought to be, or what others think we should be, until we lose sight of what's actually true. In INSIGHT, Tasha Eurich shines a spotlight on people who have managed to gain insight into themselves, and she suggests groundbreaking strategies and tips for seeing ourselves clearly. This book is a powerful resource for anyone seeking to live a happier, more successful life." - Gretchen Rubin, NY Times bestselling author of *The Happiness Project*, and *Better Than Before*    "As an executive coach for almost four decades, I have seen firsthand how important it is for leaders to be self-aware. Tasha Eurich's 'Insight' lives up to its title, offering effective tools for leaders to gain this critical perspective."    - Marshall Goldsmith, executive coach, business educator and New York Times bestselling author, ranked the number one leadership thinker in the world by *Thinkers50*    "If I had to name the secret ingredient to the success I've enjoyed in my career, I would say that it all boils down to a commitment to self-awareness. In this groundbreaking and thought-provoking book, Tasha Eurich shows how we can all seize that single greatest opportunity for continuous growth, improvement, and performance. It's the book I wish I'd had when starting out in business and the book I'd recommend to anyone who wants to cultivate the kind of self-knowledge that is the bedrock of personal and professional success. Very insightful indeed!"    - Alan Mulally, retired CEO of Boeing Commercial Airplanes and The Ford Motor Company"Required reading for every human being that will be expected to interact with other ones in their lifetime."    - Tiffany Dufu, author of *Drop the Ball*    About the Author Dr Tasha Eurich is an organizational psychologist, researcher and New York Times bestselling author. Over her 15 year career, she's helped thousands of professionals improve their self-awareness and success. Dr Eurich has contributed to Huffington Post, Entrepreneur, and CNBC, and her work has been featured in Forbes, Fox Business, Fast Company, as well as peer-reviewed journals. She has been named a 'Top 100 Thought Leader' by Trust Across America, a 'Leader to Watch' by the American Management Association and one of Denver Business Journal's '40 Under 40' and appeared on BBC Radio 4 Woman's Hour. Her 2014 TEDxMileHigh talk has been viewed more than one million times.