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2024-02-09

HARRY TALAN

Search Inside Yourself Harper Collins

Can you imagine what it's like to be able to completely clear your mind and experience a deep sense of calm whenever you want?

[Search inside yourself / druk 2](#) Bentang Pustaka

Famed for its innovative and unusual, yet very successful working culture, Google is more than just a search engine. One such innovation is the 'Search Inside Yourself' program, created for Google by a diverse group of individuals. This book will show you how to apply the principles of Search Inside Yourself to you, your business and everyday life.

Search Inside Yourself: Increase Productivity, Creativity and Happiness [ePub edition]

QuickRead.com

With Search Inside Yourself, Chade-Meng Tan, one of Google's earliest engineers and personal growth pioneer, offers a proven method for enhancing mindfulness and emotional intelligence in life and work. Meng's job is to teach Google's best and brightest how to apply mindfulness techniques in the office and beyond; now, readers everywhere can get insider access to one of the most sought after classes in the country, a course in health, happiness and creativity that is improving the livelihood and productivity of those responsible for one of the most successful businesses in the world. With forewords by Daniel Goleman, author of the international bestseller Emotional Intelligence, and Jon Kabat-Zinn, renowned mindfulness expert and author of Coming To Our Senses, Meng's Search Inside Yourself is an invaluable guide to achieving your own best potential.

Search Inside Yourself HarperCollins UK

Do you want more free books like this? Download our app for free at

<https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Search Inside Yourself (2012) extols the value of utilizing emotional intelligence and mindfulness in your everyday life to achieve personal and professional success. Based on years of research and personal experience, Tan's guide to self-discovery enables you to cut out the struggle of searching for the answers and follow his roadmap to cultivating a life of passion, purpose, and fulfillment through practicing mindfulness and harnessing the power of emotional intelligence.

Search Inside Yourself

"Search Inside Yourself membantu saya menjadi sosok yang jauh lebih kredibel di mata pelanggan."

-Blaise Pabon, sales engineer "Saya kini belajar untuk mendengarkan dengan jauh lebih baik, mengendalikan amarah, juga memahami setiap situasi secara lebih baik." -Bill Duane, engineering manager *** Search Inside Yourself (SIY) merupakan pelatihan peningkatan kecerdasan emosi berbasis meditasi kesadaran penuh. Chade Meng Tan-penggagas SIY, pria yang mendapat julukan "Jolly Good Fellow" dari Google-mengumpulkan sejumlah riset penting di dunia dan menemukan bahwa kemunculan inovasi sebuah produk/karya yang luar biasa pasti dilandasi oleh kecerdasan emosi para penemunya. Program SIY didasarkan pada sains, praktis, dan disampaikan dengan bahasa yang mudah dipahami. Para pesertanya terdiri atas orang-orang Amerika modern yang terbiasa bekerja belasan jam dalam sehari dengan tingkat stres tinggi. Dan, hanya dalam kurun waktu tujuh minggu, kebiasaan mereka pun berubah: konsentrasi serta kreativitas meningkat, kepercayaan diri terbangkitkan, lebih optimis, lebih tenang, dan hidup bahagia. Secara eksklusif, SIY telah diterapkan di Google sejak 2007. Dan kini, demi menyebarkan kebiasaan positif yang bertujuan untuk mengubah dunia, Google pun membagikannya untuk Anda. [Mizan, Bentang Pustaka, Psikologi, Search Inside Yourself, Motivasi, Dewasa, Indonesia]

[Summary of "Search Inside Yourself" by Chade-Meng Tan - Free book by QuickRead.com](#)

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