

REACH & WIN YOUR GOALS CALMLY

Simone Janson (ed.)



**Strengthen & mature self-
confidence without sabotage
stress & anxiety, learn resilience
mindfulness & emotional
intelligence, work more efficiently**

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because goals make us even start with something and, if we fail, get up and move on. But as is so often the case: First take a deep breath and then start with full power. Unfortunately, wrong ambition has too tight a grip on many people: They want the wrong thing too much and too quickly, but at the same time they lack the ability to develop their own potential. It would often be enough to take a step back and change established behavior patterns, but often enough aggression, conflicts, fear and other negative emotions block the way. It is therefore important not to pursue your own goals doggedly and strenuously, but always to remain calm, after all, this also requires the ability to convince other people with charm, rhetorical skills and strategic skills. So setting goals is important; they just shouldn't seem too big and unattainable, but big enough that they pose a challenge and offer development opportunities. Good goals are smart and feasibility is an important keyword here. Many well-known entrepreneurs and celebrities have exactly this point in common: the ability to develop great visions, to follow them steadfastly but relaxed and also to achieve them. This book shows how this balancing act can be achieved.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

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One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

Experience Success and Inspiration: Discover your Way and support Sustainability

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So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Personal development in balance: handle pressure and stress properly

// By Dr. Cornelia Topf

Finding the right balance is like breathing: Have you ever tried to inhale again and again without exhaling? That does not last long, then you have the feeling of bursting.

Letting go is fear

The release of things, as well as that of foreign expectations, is strongly associated with fears. What happens if I no longer meet the requirements that are placed on me? Am I losing my job, my security?

Releasing, clearing out, reducing does not mean here:

- We've always done this way, it's going to stay that way.
- My knowledge has always been, why should I change something.
- That brings nothing.

Further training: Class instead of mass

I keep meeting people who have accumulated such an unbelievable amount of training and further education that I turn pale. "I don't have a car, I don't buy any clothes or jewelry, I invest everything in my further education," a listener recently told me on the sidelines of my lecture. And yet he was unemployed, couldn't find a job.

The amount of further training alone does not seem to be enough. Possibly an investment in appearance and impact, in social competence or psychological know-how would have been more appropriate instead of the accumulation of more and more expert knowledge.

Change yes - but please the right!

More and more knowledge in less and less time - From the G9 to the G8 and back again. Clearly you have to try a lot - and if you fail, turn the wheel back or change the direction again.

How much Ritalin still has to be told how many teachers still suffer a burn out or something like this until you realize that although change is necessary, the wrong way has been taken.