



## Social Buzz psychological adjustment method: the application of positive psychology to improve our happiness index(Chinese Edition)

By RI ) GAO QI RONG YI

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pub Date: November 2012 Pages: 162 in Publisher: People's Sports Publishing Social Buzz psychological adjustment method: use positive psychology to improve our happiness index is the athletes for the actual case. describes their application in practice a variety of psychological adjustment training methods and philosophy. and in fighting social workplace staff helpful written. It also sports experience can cause their memories and reflections. and can be applied in the work. Contents: Chapter commute psychological prepared to strengthen the (mental skills training). improve motivation. effective time. positive attitude. converted mood What is the mental skills training. improving morale means of - reasonable goal setting. the process of self-control - relaxed spirit and open your heart. mental skills training process - to master new technology to play a strength focus skills training - to improve the practice quality play to the strength of five positive attitude training methods - positive. morale. happiness conversion mentality six exercises self-control - the idea of ?? using positive words confident skills training - eye contact. facial expressions. skills training - Club interpersonal. posture. attitude. way of...

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