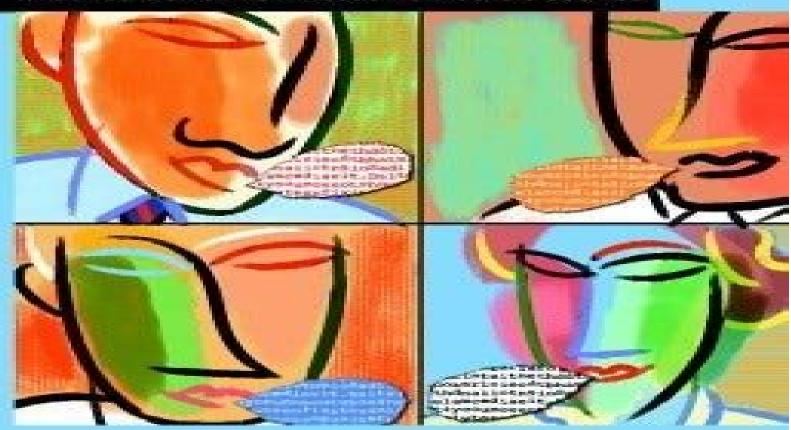
## First Impressions

What You Don't Know About How Others See You



Ann Demarais, Ph.D., and Valerie White, Ph.D.

# First Impressions What You Dont Know About How Others See Ann Demarais

**Bloomsbury Publishing** 

#### First Impressions What You Dont Know About How Others See Ann Demarais:

First Impressions Ann Demarais, Ph.D., Valerie White, Ph.D., 2007-12-18 What kind of first impression do you make A first impression is the most important impression you ll ever make and you get only one chance to make it Business deals can be made or broken first dates become second dates or not friendships are created or fail to form everything hinges on that all important initial encounter And yet most of us don t know how we re really seen by others Many of us don t know how to make a good impression Wouldn t you like others to see you as confident interesting attractive and sincere Ann Demarais Ph D and Valerie White Ph D consultants to many Fortune 100 companies as well as creators of First Impressions Inc a New York based dating and consulting firm offer you the keys to putting your best self forward in any new situation whether you want to strike up a conversation at a party or are meeting a blind date or a new business client You ll learn to see yourself as others see you and how to tweak your style to create the impression that reflects the real you Breaking down a successful first impression into its seven fundamentals the authors show you how to master these principles so that you can make the best first impression They also show how to avoid common misunderstandings that leave others with a bad impression how to reveal the four universal social gifts and they outline practical steps you can take to enhance your personal charm Informative and filled with enlightening research studies do it yourself checklist reviews and dozens of helpful case histories First Impressions is a fun groundbreaking and long overdue guide to the most important moment of virtually any relationship the first Der Casanova-Code Maximilian Pütz, Arne Hoffmann, 2019-02-11 Die Bibel des Single Mannes Charisma Selbstbewusstsein K rpersprache und das perfekte Date die vier S ulen der Eroberung machen jeden Mann zum perfekten Verf hrer Flirt Guru Maximilian P tz und Geschlechterforscher Arne Hoffmann weihen ihre Leser in die Geheimnisse ein die M nner f r Frauen unwiderstehlich machen Ein verst ndnisvoller praxisorientierter Ratgeber mit dem Mann an seine Traumfrau kommt Fundamentals of Planning and Assessment for Libraries Rachel A. Fleming-May, Regina Mays, 2021-07-23 The concepts of planning and assessment are intrinsically linked and understanding them is essential for raising the library s profile and strengthening its position among stakeholders and the community Even if you re an LIS student or are new to the profession or if planning or assessment are not your primary areas of responsibility you still have a role to play in the success of organizational efforts Fleming May has more than a decade of experience in planning and assessment initiatives and instruction and Mays was her institution s first assessment librarian their primer draws from theory research and their first hand observations to illuminate such topics as characteristics of bad planning strategy that can help to illustrate a better approach reasons why using economic models like ROI fall short how to mix the three types of planning guidelines to ensure that assessment is meaningful and actionable tips for creating effective surveys emphasizing users needs with a critical assessment framework data analysis for surveys interviews focus groups and observation four questions to ask about audience level before you develop a report a sample 3 year assessment plan that can be customized

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**Business Chameleon** László Károlyi,2015-01-05 A successful business executive helps you propel your business forward by sharing the successes and mistakes that he s learned over a thirty year career Divided into four sections that coincide with the changing seasons the lessons allow you to excel when times are good and bad The fifteenth and final story in each chapter is by a guest writer who provides a different point of view on an important business topic There are lessons for autumn when the world is changing for winter when new solutions should be sought out for spring when it s difficult to implement new ideas and for summer when it s time to reap the rewards of hard work Get tools and strategies you need to adjust to change so your business can thrive keep calm under pressure and manage crises combine tradition and innovation to achieve better results strike a healthy balance between work and private life By being creative you can keep business

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Are You Your Own Worst Enemy? Charles E. Watson, Thomas A. Idinopulos, 2007-08-30 A management professor and a religion professor team up to provide a fresh penetrating look at the obstacles that prevent people from achieving their full potential As authors Charles Watson and Thomas Idinopulos demonstrate inner demons like a lack of integrity mindless conformity passivity or greed conspire to keep people from doing their best But people can avoid becoming their own worst enemies by using their uniquely human capacities to their fullest to be more responsible more creative more self disciplined and more honest Using these strengths the authors show makes it easier to resolve ethical dilemmas attain peak performance without burning out maintain a positive outlook and ultimately succeed in achieving treasured personal and professional goals A management professor and a religion professor team up to provide a fresh penetrating look at the obstacles that prevent people from achieving their full potential at work As Watson and Idinopulos demonstrate inner demons like a lack of integrity mindless conformity passivity mediocrity or greed conspire to keep people from doing their best But people can avoid becoming their own worst enemies by using their uniquely human capacities to their fullest to be more responsible more insightful more creative more self disciplined more honest and more concerned about others Using these strengths the authors show makes it easier to resolve ethical dilemmas attain peak performance without burning out maintain a positive outlook and ultimately succeed in achieving treasured personal and professional goals The world of work is filled with treacherous shoals that constantly test the integrity fortitude and tolerance of employees The stresses can be incapacitating Faced with competing agendas high expectations sclerotic bureaucracies and scarce resources many people fall prey to demons that sap their energy or worse encourage them to act against their own interests by being dishonest or cutting corners Are You Your Own Worst Enemy shows readers how to take responsibility for their actions and their happiness It discusses the on going pressures temptations and traps in the workplace and how ordinary people can manage them constructively to remain effective and true to their ideals Specifically it shows how learning the following behaviors and attitudes can help people become more productive more valuable and more fully satisfied Develop the capacity to make

things happen Make the most of who you are Sharpen thinking skills Be the kind of person others want to be around Break the chains of mindless routine Become an effective learner and continue learning Master the art of self discipline Act with integrity Be of service to others Using dozens of engaging stories from people in all types of organizations the authors show how to overcome self defeating behavior The result for readers is a blueprint for success reduced stress better work life balance and fulfillment **Happier at Home** Gretchen Rubin, 2012-09-04 In the spirit of her blockbuster 1 New York Times bestseller The Happiness Project Gretchen Rubin embarks on a new project to make home a happier place One Sunday afternoon as she unloaded the dishwasher Gretchen Rubin felt hit by a wave of homesickness Homesick why She was standing right in her own kitchen She felt homesick she realized with love for home itself Of all the elements of a happy life she thought my home is the most important In a flash she decided to undertake a new happiness project and this time to focus on home And what did she want from her home A place that calmed her and energized her A place that by making her feel safe would free her to take risks Also while Rubin wanted to be happier at home she wanted to appreciate how much happiness was there already So starting in September the new January Rubin dedicated a school year September through May to making her home a place of greater simplicity comfort and love In The Happiness Project she worked out general theories of happiness Here she goes deeper on factors that matter for home such as possessions marriage time and parenthood How can she control the cubicle in her pocket How might she spotlight her family s treasured possessions And it really was time to replace that dud toaster Each month Rubin tackles a different theme as she experiments with concrete manageable resolutions and this time she coaxes her family to try some resolutions as well With her signature blend of memoir science philosophy and experimentation Rubin's passion for her subject jumps off the page and reading just a few chapters of this book will inspire readers to find more happiness in their own lives Black Enterprise ,2005-02 Good Housekeeping, 2004

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