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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, New York Times bestselling author of The Happiness Project and Better Than Before

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Research shows that self-awareness is the meta-skill of the 21st century - the foundation for high performance, smart choices, and lasting relationships. Unfortunately we are remarkably poor judges of ourselves and how we come across, and it's rare to get candid, objective feedback from colleagues, employees, and even friends and family.

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Tasha Eurich offers this definition: “ Self-awareness is, at its core, the ability to see ourselves clearly – to understand who we are, how others see us, and how we fit into the world around us. ”

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Through stories of people who have made dramatic gains in self-awareness, she offers surprising secrets, techniques and strategies to help you do the same&and how to use this insight to be more fulfilled, confident, and successful in life and in work. In Insight, you'll learn: &; The 7 types of self-knowledge that self-aware people possess.

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Self-awareness is the ability to understand who we are and what others think of us, and it consists of seven insights. Internal self-awareness is about knowing ourselves; being conscious of our likes and dislikes, our ambitions, our place in the environment and our impact on other people.

[Insight: Why We're Not as Self-Aware as We Think, and How](#)

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Fortunately, reveals organizational psychologist and New York Times bestselling author Tasha Eurich, self-awareness is a surprisingly learnable skill. Insight integrates hundreds of studies with Eurich ' s own research and work in the

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Fortune 500 world, revealing the surprising myths, unseen roadblocks, and the scientifically-supported path to self-awareness.

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