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~~The proportion of people saying they are not motivated at work rose to 29% in 2017, from 18% the previous year, according to a study by reward and recognition consultant Motivates.. The April 2018 survey of 2,000 UK employees for the report Living to work asked respondents to reveal the causes of their lack of motivation at work.A quarter of those who are poorly motivated (25%) said they have ...~~

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~~Self-motivation and self-discipline are really hard things to learn to get into the habit of. And getting comfortable is a very dangerous place to be. But I have to remind myself from time to time that my getting too comfortable is how I got to where I was a year ago. ... Aug 12, 2018 Bucket Lists Aug 12, 2018 Aug 8, 2018 Christopher Robin Aug ...~~

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~~Theory X and Theory Y are theories of human work motivation and management. They were created by Douglas McGregor while he was working at the MIT Sloan School of Management in the 1950s, and developed further in the 1960s. McGregor's work was rooted in motivation theory alongside the works of Abraham Maslow, who created the hierarchy of needs.The two theories proposed by McGregor describe ...~~

Master the psychological "playbook" top performers use to shift their negative thinking and behaviors into peak performance and lasting success . . . inside and outside the gym.

Whether we are exploring a new idea, new career or new endeavor, we encounter risks, self-doubt and fear. Drawing on behavioral science and self-leadership principles, the strategies and exercises in this practical and inspirational book will catalyze and position you for a successful launch. This book draws on the author's wide experience in leadership, coaching and mentorship, as well as interviews with innovators and entrepreneurs. Short, sharp, snappy and impactful, this book makes any launch actionable. LID Publishing's popular Concise Advice Lab notebooks are designed to be quick and comprehensive brainstorming tools and skill-building resources for busy professionals. The small trim size makes it easy to take along in a briefcase or purse. Interior pages are matte finish, so ink won't smear, and there's plenty of space to jot notes. A ribbon makes it easy to mark your place, and the elastic outer band keeps the notebook closed.

Helping teachers understand and apply theory and research is one of the most challenging tasks of teacher preparation and professional development. As they learn about motivation and engagement, teachers need conceptually rich, yet easy-to-use, frameworks. At the same time, teachers must understand that student engagement is not separate from development, instructional decision-making, classroom management, student relationships, and assessment. This volume on teaching teachers about motivation addresses these challenges. The authors share multiple approaches and frameworks to cut through the growing complexity and variety of motivational theories, and tie theory and research to real-world experiences that teachers are likely to encounter in their courses and classroom experiences. Additionally, each chapter is summarized with key “take away” practices. A shared perspective across all the chapters in this volume on teaching teachers about motivation is “walking the talk.” In every chapter, readers will be provided with rich examples of how research on and principles of classroom motivation can be re-conceptualized through a variety of college teaching strategies. Teachers and future teachers learning about motivation need to experience explicit modeling, practice, and constructive feedback in their college courses and professional development in order to incorporate those into their own practice. In addition, a core assumption throughout this volume is the importance of understanding the situated nature of motivation, and avoiding a “one-size-fits” all approach in the classroom. Teachers need to fully interrogate their instructional practices not only in terms of motivational principles, but also for their cultural relevance, equity, and developmental appropriateness. Just like P-12 students, college students bring their histories as learners and beliefs about motivation to their formal study of motivation. That is why college instructors teaching motivation must begin by helping students evaluate their personal beliefs and experiences. Relatedly, college instructors need to know their students and model differentiating their interactions to support each of them. The authors in this volume have, collectively, decades of experience teaching at the college level and conducting research in motivation, and provide readers with a variety of strategies to help teachers and future teachers explore how motivation is supported and undermined. In each chapter in this volume, readers will learn how college instructors can demonstrate what effective, motivationally supportive classrooms look, sound, and feel like.

From the #1 New York Times bestselling author, reach your goals with this pocket-size inspiration and guidance to keep your transformation on track For anyone who has ever had trouble staying motivated while trailblazing towards badassery, You Are a Badass Every Day is the companion to keep you fresh, grateful, mighty, and driven. In one hundred exercises, reflections, and cues that you can use to immediately realign your mind and keep your focus unwavering, this guide will show you how to keep the breakthroughs catalyzed by Sincero's iconic books You Are a Badass and You Are a Badass at Making Money going. Owing your power to ascend to badassery is just the first step in creating the life you deserve-You Are A Badass Every Day is the accountability buddy you can keep in your back pocket to power through obstacles, overcome the doubts that hold you back from greatness, and keep the fires of determination roaring while you reach your goals.

Contributors to this book have reviewed research from the fields of metabolic syndromes in view of their own research. The chapters cover the neural mechanisms of food intake and proposed factors related to obesity. The influences of the intake of sugar and lipids are also discussed. The relationships between cancer

and venous thromboembolism in connection with obesity are discussed. Omega (ω) fatty acids and trans-fatty acids are risks of cardiovascular diseases. Comparison of plasma levels of trans-fatty acids indicated that industrially produced trans-fatty acids are higher in American than Japanese men. Hopefully, the book provides information that readers want to obtain in the fields of food intake and metabolic syndromes.

What do we mean by "behavioral neuroscience?" This volume aims at providing an overview of behavioral neuroscience and deepening neuronal mechanisms and brain circuits that regulate the fundamental aspects of human behavior, such as cognitive and emotional functions. It is intended to give the reader the most up-to-date vision of how the interaction between biological mechanisms and neurocognitive processes leads to complex and highly organized behaviors. In recent years the strong impulse given to research on behavioral neuroscience has produced a large literature that documents the high level of complexity of the issue, for which it is necessary to provide a reasoned multidimensional analysis able to integrate the expertise of different disciplines. The book offers an excellent synopsis of perspectives, methods, empirical evidences, and international references. Therefore, it represents an extraordinary opportunity to target neuroscientific hot topics and to outline new horizons in the study of the relationship between brain and behavior.

This conference proceedings focuses on enabling science and mathematics practitioners and citizens to respond to the pressing challenges of global competitiveness and sustainable development by transforming research and teaching of science and mathematics. The proceedings consist of 82 papers presented at the Science and Mathematics International Conference (SMIC) 2018, organised by the Faculty of Mathematics and Natural Sciences, Universitas Negeri Jakarta, Indonesia. The proceedings are organised in four parts: Science, Science Education, Mathematics, and Mathematics Education. The papers contribute to our understanding of important contemporary issues in science, especially nanotechnology, materials and environmental science; science education, in particular, environmental sustainability, STEM and STEAM education, 21st century skills, technology education, and green chemistry; and mathematics and its application in statistics, computer science, and mathematics education.

Find What Truly Motivates YOU and Take Action Right NOW! If you want to fire up your internal drive and help others do the same, then this Powerful Book is for YOU! Find the motivation you need to be successful in everything you do, and be the person that others want to follow! The truth is, we all have goals, but we don't all have the motivation we need to be successful. In this Book, you will learn how to create a Motivated Mindset that can't be broken! By the end, you will be Motivated and Inspired by everything around you, and want to improve yourself every day as you work towards your goals! So if you're ready, Buy this Book today and let's get started! Build a Motivated Mindset Consisting of: Self Confidence Will Power Determination Internal Motivation Perseverance Tenacity and so much more! Let these Words Of Wisdom guide you along your own Success Journey to find that one thing that truly motivates YOU! "I want you to achieve your dreams, and I am here to help motivate you to do that!" - Ryan J. Mathias, Author Find your motivation and create a Powerful Mindset behind it!

From Inc.com's most popular columnist, a counterintuitive--but highly practical--guide to finding and maintaining the motivation to achieve great things. It's comforting to imagine that superstars in their fields were just born better equipped than the rest of us. When a co-worker loses 20 pounds, or a friend runs a marathon while completing a huge project at work, we assume they have more grit, more willpower, more innate talent, and above all, more motivation to see their goals through. But that's not at actually true, as popular Inc.com columnist Jeff Haden proves. "Motivation" as we know it is a myth. Motivation isn't the special sauce that we require at the beginning of any major change. In fact, motivation is a result of process, not a cause. Understanding this will change the way you approach any obstacle or big goal. Haden shows us how to reframe our thinking about the relationship of motivation to success. He meets us at our level--at the beginning of any big goal we have for our lives, a little anxious and unsure about our way forward, a little burned by self help books and strategies that have failed us in the past--and offers practical advice that anyone can use to stop stalling and start working on those dreams. Haden takes the mystery out of accomplishment, proving that success isn't about spiritual awakening or a lightning bolt of inspiration --as Tony Robbins and adherents of The Secret believe--but instead, about clear and repeatable processes. Using his own advice, Haden has consistently drawn 2 million readers a month to his posts, completed a 107-mile long mountain bike race, and lost 10 pounds in a month. Success isn't for the uniquely-qualified; it's possible for any person who understands the true nature of motivation. Jeff Haden can help you transcend average and make lasting positive change in your life.

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