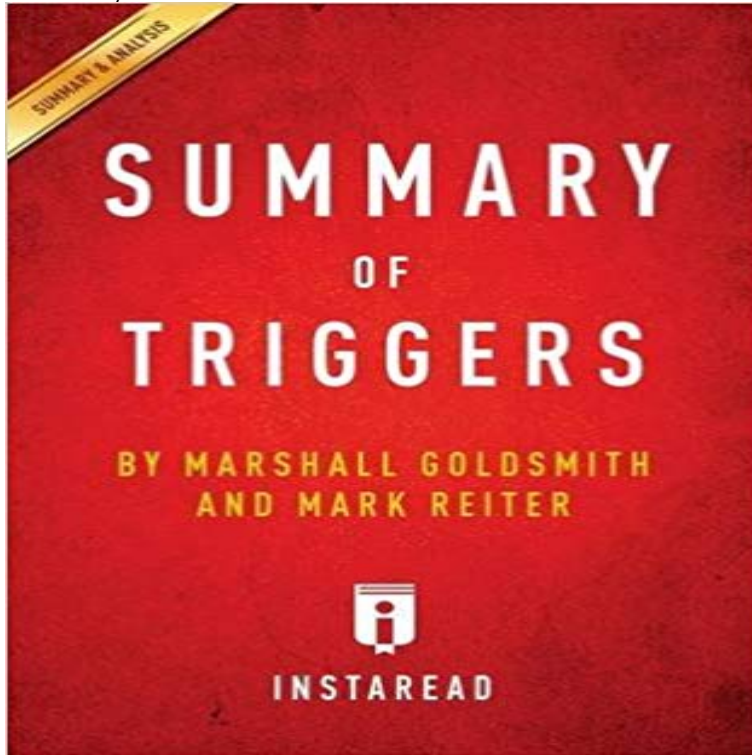


Summary of Triggers: By Marshall Goldsmith and Mark Reiter Includes Analysis



Summary of Triggers by Marshall Goldsmith and Mark Reiter Includes Analysis Preview: Triggers, written by executive coach Marshall Goldsmith, with Mark Reiter, his agent and writing partner, is a nonfiction self-help book designed for people who need motivation, understanding, and concrete, practical tools to effect lasting behavioral changes. Triggers are stimuli that prompt a behavioral reaction; they can be beliefs, behaviors, or environments. Identifying triggers is useful in all interpersonal relationships, whether in the workplace or at home. Being able to work consciously and proactively with triggers in one's ever-changing environment, and knowing how to identify and anticipate them, are key to career success, strengthened relationships, and becoming the best version of oneself. There are two vital aspects of creating effective strategies to react constructively to triggers. A person has to have the desire to change and be ready to take responsibility for his or her actions no matter how challenging the external circumstances may be. PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Triggers Overview of the book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

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