

# [PDF] The Plateau Effect: Getting From Stuck To Success

**Bob Sullivan, Hugh Thompson, Don Hagen - pdf download free book**

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**Books Details:**

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## **Description:**

**Review** "Many readers will be fascinated by their descriptions of such underlying matters as acclimation, flow and distortion mechanisms...well-written and entertaining." —*Kirkus Reviews*

"The authors write in clear, engaging and sometimes irreverent prose as they dart across case studies from Amazon to Zappos...a stimulating read, offering some inventive theories and solutions."  
- *Financial Times*

"Sullivan and Thompson have identified a phenomenon that plagues us all, robbing us of energy,

delight, and successful results. Poignant stories, intriguing information, and insightful advice make this a must-read for any of us that want easier ways to keep the important fires lit. Warning: they've nailed stuff close to home for all of us!"

—David Allen, author of *Getting Things Done*

"Uncovering forces like The Greedy Algorithm that create plateaus in our lives is a great service, but Bob Sullivan and Hugh Thompson go much further. Their book is an entertaining and valuable guide that will show you how to quit the struggle and get up off the ground."

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"The science behind how we can learn to excel at almost anything we care about by retraining our brains. A stimulating and *useful* handbook."

—Daniel J. Levitin, author of *This Is Your Brain on Music*

"You already know what the plateau effect is. No matter what the endeavor, we've all experienced that feeling of diminishing returns from our efforts. Now Bob Sullivan and Hugh Thompson present the definitive guide for those who believe things can get a lot better and want to rise above their plateaus. Turn your back on the daily grind for good. Read this book now."

—Ori Brafman, coauthor of *Sway*

"*The Plateau Effect* is smart, bracing, and eye-opening with genuine pay-offs for accomplishing your dreams. It's also cheerful, funny and greatly entertaining. Use it!"

—Amy Chua, author of *Battle Hymn of the Tiger Mother*

--This text refers to the edition.

**About the Author** BOB SULLIVAN and HUGH THOMPSON are entrepreneurial analysts with 40 years of experience between them researching, writing, and analyzing systems and human nature. Bob is an investigative journalist for NBC News and MSNBC.com and the bestselling author of *Gotcha Capitalism* and *Stop Getting Ripped Off*. Hugh is a mathematics and computer science professor and speaker who teaches executives how to protect themselves from 21st Century hazards.

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