



## WTF Just Happened?: How to Make Better Decisions by Asking Yourself Better Questions (Paperback)

By Martin Goodyer

Crown House Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. How great would it be to learn from other people s mistakes rather than having to make our own? In WTF Just Happened? Martin Goodyer presents a hilarious compilation of catastrophes to help readers do just this. Drawing on his experience as a psychologist and taking the perspective of a behavioural change coach, Martin offers insights into people s often irrational behaviour and suggests ways to avoid such behaviour ourselves. Reading this book won t stop bad things from happening - but it can prevent you from making it worse if they do. This is not a self-help book. The self-help bit is up to you. Here s why: self-help books are OK, but many are not great. They normally tell you to do this or that and then you ll be fine - but real life isn t usually that simple and good advice is only useful if you can remember to use it. Stories, on the other hand, stick with you, and these cautionary tales could help you avoid your own WTF moments. Your empathy for these unfortunate characters might just help you...



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-- **Prof. Tyson Hilpert**

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