



Paradoxical Thinking: How to Profit from Your Contradictions

Jerry L Fletcher, Kelle Olwyler

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Taking advantage of contradictory elements in oneself and one's situation can lead to better performance all around

- Presents a five-step process for using paradoxes to find solutions to a wide range of problems
- Provides tools that enable people to improve actual performance when faced with seemingly contradictory goals
- Includes case studies showing how real people have used paradoxical thinking to solve real problems

Everyone has, at one time or another, approached a daunting task and handled it with calm and focus. The successful resolution of difficult problems requires the ability to take advantage of the disparities inherent a troublesome situation. Only when one confronts and masters both sides of a contradiction can there be a "high performance" or successful outcome. Paradoxical Thinking addresses these considerations.

Fletcher and Olwyler have studied the way people succeed and found that those who understand their own paradoxical qualities are best able to deal with difficult and demanding situations. The authors' clear five-step process shows readers how to identify their own unique "core paradox" and then use it to deal with problems and opportunities in their lives.

Paradoxical Thinking empowers readers by showing when they can make more effective and positive choices in the face of negative possibilities. Readers can use this book -- filled with examples, solutions to actual paradoxical situations, and exercises -- to make satisfying and creative changes in their personal and professional lives.

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