

Design your Life & Career – Quellenpakete

1. Human Skills

Nr.	Thema	Session	Quellenpaket	Optionale Quellen
H1	Principles, Concepts and Decision Making for Life and Work	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> Covey S (2020). Die 6 wichtigsten Entscheidungen für Jugendliche Stulberg & Magness (2019). The Passion Paradox: A Guide to Going All In, Finding Success, and Discovering the Benefits of an Unbalanced Life Trenton n. (2020). Think in Models: A Structured Approach to Clear Thinking and the Art of Strategic Decision-Making Smith C. & Koning, M. (2017). Decision Trees and Random Forests: A Visual Introduction for Beginners Cardone, G. 2011 The 10X Rule Annie Duke: How to Decide: Simple Tools for Making Better Choices Annie Duke: Thinking in BETs: Making Smarter Decisions When You don'T Have all the Facts <p>Videos:</p> <ul style="list-style-type: none"> Ruth Chang: Wie man schwierige Entscheidungen fällt: https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices Jack Ma 2020 How I Overcame Failure Jack Ma 馬雲/马云 https://www.youtube.com/watch?v=8SN9Kj8SdgE Jack Ma 2020 Jack Ma's Advice For Young People https://www.youtube.com/watch?v=b-LTA85deuk <p>Artikel:</p> <ul style="list-style-type: none"> https://sive.rs/hellyeah?utm_source=ActiveCampaign&utm_medium=email&utm_content=The+Interesting+Times%3A+9+Questions+to+Ask+Before+You+Start+Something+New&utm_campaign=The+Interesting+Times+Weekly+11-06-20 MIT Tracy Mayor 2019 6 career hacks from Apple VP Kate Bergeron http://mitsloan.mit.edu/ideas-made-to-matter/6-career-hacks-apple-vp-kate-bergeron <p>Artikel:</p>	<p>Buch:</p> <ul style="list-style-type: none"> Peterson, J. 2018 12 Rules for Life: An Antidote to Chaos <p>Artikel:</p> <ul style="list-style-type: none"> https://www.sueddeutsche.de/karriere/berufswahl-job-jobwahl-interessen-begabungen-interview-am-morgen-1.4566796 https://behavioralscientist.org/to-achieve-your-goals-lump-and-slice/ Joshua Rothman 2019 The Art of Decision-Making. Your life choices aren't just about what you want to do; they're about who you want to be. https://www.newyorker.com/magazine/2019/01/21/the-art-of-decision-making <p>Blogs/Websites:</p> <ul style="list-style-type: none"> Thread Reader, Jon 2020 Naval's top tweets from 2016-2018, filtered by timelessness. https://threadreaderapp.com/thread/1293321749304614912.html https://podcastnotes.org/modern-wisdom/macgill/ https://www.plus-rasmussen.com/de/designing-your-life/ Medium Anthony Moore 2020 If You Want to Be Rich, Spend Your Time Buying Assets <p>Twitter:</p> <ul style="list-style-type: none"> Taylor Pearson 2020. Underestimating projects completion times.

			<ul style="list-style-type: none"> • Pérez-Rodríguez, F., & Rojo-Alboreca, A. (2017). The triangle assessment method: a new procedure for eliciting expert judgement. <i>Expert Systems with Applications</i>, 72, 139-150. • Joshua Rothman 2019 <i>The Art of Decision-Making</i>. Your life choices aren't just about what you want to do; they're about who you want to be. • https://www.fastcompany.com/90662001/why-you-love-setting-goals-more-than-pursuing-them-according-to-science?partner=rss&utm_source=twitter.com&utm_medium=social&utm_campaign=rss+fastcompany&utm_content=rss • Adams, G. S., Converse, B. A., Hales, A. H., & Klotz, L. E. (2021). People systematically overlook subtractive changes. <i>Nature</i>, 592(7853), 258-261. <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://medium.com/@Mike.Mahlkow/this-might-be-the-best-time-of-your-life-72b0727a8c5e • https://www.collaborativefund.com/blog/bad-decisions/ • https://jamesclear.com/3-2-1/september-3-2020 • https://jamesclear.com/3-2-1/september-10-2020 https://designingyour.life/ • How small actions lead to big results. https://medium.com/live-your-life-on-purpose/9-micro-habits-that-will-completely-change-your-life-in-a-year-6bd291aee5c1?source=email-dc4acc22a04-1597968998790-digest.reader-----3-49-----b39f2379_1d04_4a87_8e37_ab35cca4a29b-1-316b81e8_093b_4c10_aaa2_6da649ce5ae9---- <p>Twitter:</p> <ul style="list-style-type: none"> • https://twitter.com/JamesClear 	<p>https://twitter.com/TaylorPearsonMe/status/1214608400753008640?utm_source=ActiveCampaign&utm_medium=email&utm_content=The+Interesting+Times+Monthly&utm_campaign=1-18-20+Weekly+Newsletter+%28Monthly+Ed+%29</p>
H2	“Heimliche” Spielregeln für die Karriere und Erfolg	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> • Banayan, A. <i>Das Tor zum Erfolg</i>. • Assig, D. & Echter, D. (2012). <i>Ambition: Wie große Karrieren gelingen</i>. Campus Verlag. • Dubrovina, O. (2019). <i>The Art of Being Rational : Charlie Munger</i> • Lürssen, J., & Opresnik, M. (2001). <i>Die heimlichen Spielregeln der Karriere: Wie Sie die ungeschriebenen Gesetze am Arbeitsplatz für Ihren Erfolg nutzen</i>. • Keller, G. W., Papasan, J. 2012 <i>The ONE Thing Leadership</i> • Arnold, F. 2016 <i>Der beste Rat den ich je bekam</i> <p>Videos:</p>	<p>Buch:</p> <ul style="list-style-type: none"> • Dweck, C. 2006 <i>Mindset: The new psychology of success</i> • Fischer, D. 2019 <i>52 Wege zum Erfolg</i> • Greene, R. 2016 <i>Perfekt!: Der überlegene Weg zum Erfolg Erfolg Self-Leadership Human Skill</i>. • Fox, J. J. 1998 <i>How to become CEO</i> <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=w8kandSNAgk

			<ul style="list-style-type: none"> • Shane Parrish 2020 Karriereplanung https://www.youtube.com/watch?v=WBz7VB4vA1k&feature=youtu.be • https://www.cnbc.com/2019/05/14/3-simple-rules-to-achieving-remarkable-success-says-nyu-mba-professor.html • https://www.ted.com/talks/larry_smith_why_you_will_fail_to_have_a_great_career?referrer=playlist-counterintuitive_career_advice <p>Artikel:</p> <ul style="list-style-type: none"> • Lürssen & Opresnik (2010). Die wichtigsten Tipps für den Weg nach ganz oben: https://www.welt.de/wirtschaft/karriere/article10799542/Die-wichtigsten-Tipps-fuer-den-Weg-nach-ganz-oben.html • Hartmann, M. (2021). Nichts Neues an der Spitze der Großunternehmen!? Die deutsche Wirtschaftselite zwischen 1970 und 2020. <i>Berliner Journal für Soziologie</i>, 1-22. <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://80000hours.org/ • https://podcastnotes.org/members-only/chamath-palihapitiya/ • https://medium.com/mind-cafe/12-things-i-stole-from-people-more-successful-than-me-d0ef5ef6cd84 • https://threadreaderapp.com/thread/1362175753761267717.html • https://threadreaderapp.com/convos/1413660751152271362 • https://threadreaderapp.com/thread/1418292810780790792.html • https://tim.blog/2021/07/26/ramit-sethi-2/ • https://podcastnotes.org/modern-wisdom/macgill-2-2/ <p>Twitter:</p> <ul style="list-style-type: none"> • https://twitter.com/sweatystartup/status/1345855691068764161 	<ul style="list-style-type: none"> • https://www.cnbc.com/2019/02/15/self-made-millionaire-scott-galloway-why-you-shouldnt-follow-passion.html • https://www.youtube.com/watch?v=EctzLTFrktc • https://www.youtube.com/watch?v=amd98jGSaU • https://www.youtube.com/watch?v=wVWYqLJK93Q <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • Spencer Sekulin 2020 12 Attributes Of Above Average People — According To Philosophy https://medium.com/mind-cafe/12-attributes-of-above-average-people-according-to-philosophy-c57eaa0e1ea • https://threadreaderapp.com/thread/1373619237797949442.html • https://medium.com/on-the-couch/the-most-unsexy-under-rated-secret-of-success-in-anything-4c94576b27ef • https://theyoungprofessional.de/ • MIX LISA SMITH Reviewed By LEA D. URADU 2020 How to Become a Self-Taught Finance Expert https://mix.com/!vHtXsfFB?utm_source=sharesheet&utm_campaign=ios&utm_medium=article_share • https://www.reddit.com/r/financialindependence/comments/avu2fa/nyu_professor_scott_galloway_on_how_to_get_rich/
H3	Mental Models & Life Rules	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> • King P. (2019). <i>The Art of Clear Thinking: Mental Models for Better Reasoning, Judgment, Analysis, and Learning</i>. Upgrade Your Intellectual Toolkit. • Taleb, N. N. 2018 <i>Skin in the Game: Hidden Asymmetries in Daily Life</i> 	<p>Buch:</p> <ul style="list-style-type: none"> • Dalio, R. (2017). <i>Principles: Life and work</i>. Simon and Schuster. • Ferris, T. 2017 <i>Tools der Titanen: Die Taktiken, Routinen und Gewohnheiten der Weltklasse-Performer, Ikonen und Milliardäre</i>

			<ul style="list-style-type: none"> Hollins P. (2019). Mental Models: 30 Thinking Tools that Separate the Average From the Exceptional. Improved Decision-Making, Logical Analysis, and Problem-Solving. Dellanna, L. 2019 100 truths you will learn to late <p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=m_56L8EGLik https://www.youtube.com/watch?v=Brp9DpJsEi4 https://www.youtube.com/watch?v=ao58gZ0msuM https://www.cnbc.com/2019/03/08/self-made-millionaire-galloway-how-successful-people-handle-setbacks.html <p>Paper:</p> <ul style="list-style-type: none"> Rockwood, M. (2014). The Focus Investing Series Part 3: The Munger Network of Mental Models <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://fs.blog/mental-models/ https://fs.blog/best-articles/ https://fs.blog/2017/02/charlie-munger-wisdom/ https://fs.blog/2016/04/second-order-thinking/ https://threadreaderapp.com/thread/1287525472977342464.html https://threadreaderapp.com/thread/1423616354444251139.html https://threadreaderapp.com/thread/1424352792353849354.html <p>Twitter:</p> <ul style="list-style-type: none"> https://twitter.com/SahilBloom/status/1358108840198168576?s=20 https://twitter.com/visualizevalue 	<ul style="list-style-type: none"> Forleo, M. 2019 Everything is figure- outable <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://www.linkedin.com/pulse/persistence-follow-through-marilyn-carroll-ph-d-trk=eml-email_series_follow_newsletter_01-hero-43-title_link&midToken=AQGnZIWwR8Dezw&fromEmail=fromEmail&ut=2dpr1XaaY50Fs1 https://medium.com/the-post-grad-survival-guide/99-of-people-dont-follow-these-4-money-rules-and-that-keeps-them-in-poverty-9a9ad203cfc4 https://www.talkativeman.com/dave-packard-11-simple-rules/ https://www.edge.org/conversation/nassim-nicholas-taleb-the-fourth-quadrant-a-map-of-the-limits-of-statistics https://fs.blog/knowledge-project/naval-ravikant/ https://www.julian.com/blog/mental-model-examples
H4	Hack yourself: Nudging oneself, the right habits & defaults	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> Olson J. (2016). Slight Edge: Der kleine Vorsprung Guise, S. (2013). <i>Mini habits: Smaller habits, bigger results</i>. Selective Entertainment LLC. Clear, J. , Tschöpe, A. 2020 Die 1%-Methode – Minimale Veränderung, maximale Wirkung: Mit kleinen Gewohnheiten jedes Ziel erreichen Habits 	<p>Buch:</p> <ul style="list-style-type: none"> Duhigg, C. 2013 The Power of Habit: Why we do what we do, and how to change Habits Clear, J. 2018 Atomic habits an easy & proven way to build good habits & break bad ones

		<ul style="list-style-type: none"> • Burchard B. (2017). High Performance Habits: How Extraordinary People Become That Way • Burchard, B. (2020). High Performance Habits: Die Kunst, außergewöhnlich zu werden • Pandey, V. (2019). Success Habits of High Achievers: Develop High Performance Habits, Sense of Urgency, Problem Solving Skills, and Achieve Your Goals • Wood, W. 2019 Good Habits, Bad Habits: The Science of Making Positive Changes that Stick <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://threadreaderapp.com/thread/1418555743981146114.html • https://threadreaderapp.com/thread/1423647107823464448.html • https://threadreaderapp.com/thread/1424352792353849354.html • https://threader.app/thread/1409110691160674307 • https://fs.blog/2017/06/habits-vs-goals/ • https://fs.blog/2014/06/avoiding-stupidity/ • https://jamesclear.com/habits-scorecard • Liz Huber 2020 8 Meta-Habits to Make 2020 Your Breakthrough Year https://medium.com/mind-cafe/8-meta-habits-to-make-2020-your-breakthrough-year-3dd00429cf3 • https://podcastnotes.org/james-altucher-show/ramit-6/ • https://medium.com/@Mike.Mahlkow/how-abstract-concepts-can-foster-your-strategies-for-success-306a4ee83238 • https://medium.com/@Mike.Mahlkow/a-hidden-superpower-how-to-be-a-better-thinker-5f65588a2a49 • https://podcastnotes.org/tools-of-titans/christopher-sommer-on-tools-of-titans-the-tactics-routines-and-habits-of-world-class-performers/ • https://podcastnotes.org/tools-of-titans/derek-sivers-on-tools-of-titans-the-tactics-routines-and-habits-of-world-class-performers/ • https://medium.com/mind-cafe/8-meta-habits-to-make-2020-your-breakthrough-year-3dd00429cf3 • https://medium.com/swlh/your-morning-routine-can-change-your-life-tomorrow-71517ad09a85 • Medium Larisa Andras 2020 9 Micro-Habits That Will Completely Change Your Life in a Year https://medium.com/live-your-life-on-purpose/9-micro-habits-that-will-completely-change-your-life-in-a-year-6bd291aee5c1 	<ul style="list-style-type: none"> • Kmenta R. (2021). Die große Macht der Kleinigkeiten: Beeindruckend einfache Ideen, mit denen Sie in nur wenigen Minuten pro Tag Ihr Leben verändern ... und vielleicht sogar die Welt - Mehr als nur Zeitmanagement • Wood, W. 2019 Good Habits, Bad Habits: The Science of Making Positive Changes that Stick <p>Artikel:</p> <ul style="list-style-type: none"> • nytimes Tim Herrera 2019 9 Delightful Tips for Living a Smarter Life in 2020 Small ideas that have big impacts. https://www.nytimes.com/2019/12/22/smarter-living/9-delightful-tips-for-living-a-smarter-life-in-2020.html?smid=nytcore-ios-share • BBC stories Dougal Shaw 2019 If you die early, how will your children remember you? https://www.bbc.com/news/stories-47334604# <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://jamesclear.com/beginners-guide-deliberate-practice • https://jamesclear.com/3-2-1/march-5-2020 • https://jamesclear.com/3-2-1/march-26-2020 • https://jamesclear.com/3-2-1/april-23-2020 • https://jamesclear.com/3-2-1/april-2-2020 • https://jamesclear.com/3-2-1/june-11-2020 • https://www.habitweekly.com/ • https://jamesclear.com/identity-based-habits • https://behavioralscientist.org/the-benefits-of-statistical-noise/ • https://taylorpearson.me/masterclass/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Why+History+s+Greatest+Innovators+Optimised+for+%22Interesting
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H5	Erfolgreiches Leben und Lernen	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> • Epstein D. (2020). Die Siegergene: Talent, Übung und die Wahrheit über außergewöhnlichen Erfolg • Casnocha, B., Hoffman, R. 2013 The Start-up of You: Adapt to the Future, Invest in Yourself, and Transform Your Career • Nießner (2020). Die geheimen Tricks der 1er Schüler: Wie du in der Schule richtig durchstartest. Mit den besten Tipps von MrWissen2Go, simpleclub und vielen mehr. • Cottrell, S. (2017). <i>Critical thinking skills: Effective analysis, argument and reflection</i>. Macmillan International Higher Education. <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.cnbc.com/2019/02/21/95-year-old-billionaire-charlie-munger-says-the-secret-to-a-long-and-happy-life-is-so-simple.html <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=U_nzqnXWvSo • https://www.youtube.com/watch?v=QSGz4Y8CP2I • https://www.youtube.com/watch?v=huKn91s9llw <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.perell.com/podcast/erig-jorgenson-lessons-from-naval-ravikant • https://theprofile.substack.com/p/11-practical-pieces-of-advice-id • https://threadreaderapp.com/thread/1373266475230789633.html • https://thenewyou.de/blogs/howtothenewyou/anwendungsbeispiele-wochenreflexion • https://jamesclear.com/3-2-1/may-28-2020 • https://podcastnotes.org/james-altucher-show/ramit-6/ • jamesclear James Clear 2020 The Beginner's Guide to Deliberate Practice https://jamesclear.com/beginners-guide-deliberate-practice • https://fs.blog/2013/05/the-buffett-formula/ • https://fs.blog/2013/05/warren-buffett-the-three-things-i-look-for-in-a-person/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Schäfer, B. 2001 Die Gesetze der Gewinner: Erfolg und ein erfülltes Leben • Schwartz, D. J. 2016 The Magic of Thinking Big • Epstein D. (2019). Range: Why Generalists Triumph in a Specialized World • O'Neil J. (1994). The Paradox of Success: When Winning at Work Means Losing at Life <p>Videos:</p> <ul style="list-style-type: none"> • Scott Galloway 2019 How To Become A Millionaire – Scott Galloway https://www.youtube.com/watch?v=Cro1ni122Og • 2019 How To Succeed In Professional And Personal Life – Scott Galloway https://www.youtube.com/watch?v=am-d98jGSaU • https://www.youtube.com/watch?v=U_nzqnXWvSo • https://www.youtube.com/watch?v=RFxX19eAWV4 <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.goodreads.com/book/show/38357242-wisdom-of-charlie-munger • https://www.gurufocus.com/news/767452/c-harlie-munger-5-tips-to-succeed-in-life- • https://dealbreaker.com/2019/02/munger-happiness • https://www.perell.com/podcast/erig-jorgenson-lessons-from-naval-ravikant

			<ul style="list-style-type: none"> • https://karrierebibel.de/lebenslanges-lernen/ • https://www.pedocs.de/volltexte/2014/4596/pdf/bf_2008_2_Jenert_Ganzheitliche_Reflexion.pdf • https://medium.com/the-ascent/the-biggest-wealth-transfer-in-history-is-happening-right-now-3826c09c6696 • https://medium.com/age-of-awareness/tell-me-what-you-did-today-and-ill-tell-you-where-you-ll-be-in-10-years-8921face679d <p>Podcast:</p> <ul style="list-style-type: none"> • https://podcasts.apple.com/us/podcast/lebenslanges-lernen-ole-knoblich/id1502693483?i=1000470963421 	<ul style="list-style-type: none"> • https://jamesclear.com/3-2-1/july-30-2020 • https://jamesclear.com/3-2-1/april-16-2020 • https://jamesclear.com/3-2-1/april-30-2020 • https://jamesclear.com/3-2-1/may-7-2020 • https://jamesclear.com/3-2-1/may-21-2020 • https://jamesclear.com/3-2-1/may-28-2020 • https://podcastnotes.org/james-altucher-show/ramit-6/
H6	Big 5: Proactivity, Vulnerability, Confidence, Self-Efficacy and X	Session 3	<p>Buch:</p> <ul style="list-style-type: none"> • Grant, A. (2016). Nonkonformisten: Warum Originalität die Welt bewegt • Oldham & Morris (2010). Ihr Persönlichkeits-Portrait: Warum Sie genauso denken, lieben und sich verhalten, wie Sie es tun • Brown, B. (2013). Verletzlichkeit macht stark: Wie wir unsere Schutzmechanismen aufgeben und innerlich reich werden. Kailash Verlag. • Markway, B., & Ampel, C. (2018). The Self Confidence Workbook: A Guide to Overcoming Self-Doubt and Improving Self-Esteem. • Cottrell, S. (2017). <i>Critical thinking skills: Effective analysis, argument and reflection</i>. Macmillan International Higher Education. <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=1pNC3jng1YE • https://www.ted.com/talks/elizabeth_gilbert_success_failure_and_the_drive_to_keep_creating?referrer=playlist-talks_to_give_you_a_confidence • https://www.ted.com/talks/brene_brown_listening_to_shame • https://www.ted.com/talks/brene_brown_listening_to_shame • https://www.youtube.com/watch?v=b-LTA85deuk • https://www.youtube.com/watch?v=agwsjYg9hJ8 • https://www.youtube.com/watch?v=w-HYZv6HzAs • https://www.youtube.com/watch?v=trbbtIWkRfM <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://positivepsychology.com/bandura-self-efficacy/ • https://www.gameplan-a.com/2018/10/five-must-read-blogs-to-boost-your-confidence/ • https://jamesclear.com/3-2-1/july-2-2020 	<p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=qGkfpG66J0Q • https://www.youtube.com/watch?v=DwweO2UySbs • https://www.youtube.com/watch?v=gHCXcMfVfg8 • https://www.youtube.com/watch?v=b-LTA85deuk • https://www.youtube.com/watch?v=Tex0zKuLCMg • https://www.youtube.com/watch?v=bwrahzRLRoQ • https://www.ted.com/talks/adam_galinsky_how_to_speak_up_for_yourself?referrer=playlist-talks_to_give_you_a_confidence • https://www.ted.com/talks/adam_grant_the_surprising_habits_of_original_thinkers?referrer=playlist-how_to_get_further_in_your_career <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • http://powerfulmind.co/everyday-people-spoke-words-so-profound/ • https://www.bernd-slaghuis.de/karriere-blog/boreout-langeweile-im-job/ • https://jamesclear.com/3-2-1/june-11-2020

			<ul style="list-style-type: none"> • https://brenebrown.com/podcast/brene-with-dr-edith-eger-on-recognizing-the-choices-and-gifts-in-our-lives/?utm_medium=social&utm_source=LinkedIn&utm_campaign=bb_unlocking-us#close-popup • https://fs.blog/great-talks/psychology-human-misjudgment/ 	<ul style="list-style-type: none"> • https://jamesclear.com/3-2-1/june-25-2020
H7	Work-Life Balance & Stress	Session 3	<p>Buch:</p> <ul style="list-style-type: none"> • Kondo M. (2019). Die KonMari-Methode: Wie du Liebe, Job und Alltag in Ordnung bringst. Ein Manga • Seligman (2015). Wie wir aufblühen: Die fünf Säulen des persönlichen Wohlbefindens • Rothlin, P., & Werder, P. R. (2007). Diagnose Boreout: warum Unterforderung im Job krank macht. Redline Wirtschaft • Allen, D. (2015). Getting things done: The art of stress-free productivity. Penguin. <p>Videos:</p> <ul style="list-style-type: none"> • https://www.ted.com/talks/worklife_with_adam_grant_when_work_takes_over_your_life • https://www.ted.com/talks/worklife_with_adam_grant_burnout_is_everyones_problem • https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?referrer=playlist-counterintuitive_career_advice • https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life?referrer=playlist-talks_to_give_you_a_confidence • https://www.youtube.com/watch?v=ZxgTne_U4gI <p>Artikel</p> <ul style="list-style-type: none"> • https://www.nytimes.com/2020/04/01/well/mind/coronavirus-stress-management-anxiety-psychology.html <p>Paper:</p> <ul style="list-style-type: none"> • Jebb, A. T., Morrison, M., Tay, L., & Diener, E. (2020). Subjective Well-Being Around the World: Trends and Predictors Across the Life Span. <i>Psychological Science</i>, 31(3), 293-305. • Killingsworth, M. A. (2021). Experienced well-being rises with income, even above \$75,000 per year. <i>Proceedings of the National Academy of Sciences</i>, 118(4). <p>Blogs/Websites:</p>	<p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=9gttvauBCtY • https://www.ted.com/talks/scott_dinsmore_how_to_find_work_you_love?referrer=playlist-how_to_get_further_in_your_care • https://youtu.be/bngI1xQJmrA <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://firstround.com/review/the-engineers-guide-to-career-growth-advice-from-my-time-at-stripe-and-facebook/ • https://ideas.ted.com/cdn.ampproject.org/c/s/ideas.ted.com/8-tips-to-help-you-become-more-resilient/amp/ • https://ideas.ted.com/how-to-be-more-hopeful/?utm_campaign=social&utm_medium=referral&utm_source=facebook.com&utm_content=ideas-blog&utm_term=social-science • Medium ashton kutcher2020 42 learnings from 42 years of life https://medium.com/@aplusk/42-learnings-from-42-years-of-life-3fdc617ad42d <p>Twitter:</p> <ul style="list-style-type: none"> • https://twitter.com/EstherPerel • https://twitter.com/profgalloway/status/1206290122469236736

			<ul style="list-style-type: none"> • https://80000hours.org/key-ideas/#longtermism • https://80000hours.org/key-ideas/#effective-altruism • https://peterattiamd.com/jasonfried/ • https://jamesclear.com/quality-comparison • https://www.absolventa.de/karriereguide/arbeit-und-alltag/stress-im-berufsalltag <p>Podcast:</p> <ul style="list-style-type: none"> • https://podcastnotes.org/the-drive-with-dr-peter-attia/jason-fried-work-life-culture-success/ • https://peterattiamd.com/jasonfriedama/ 	
H8	Erkenntnisse aus der Psychotherapie für Leben und Beruf	Session 2	<p>Buch:</p> <ul style="list-style-type: none"> • Prior, M. (2002). MiniMax-Interventionen: 15 minimale Interventionen mit maximaler Wirkung. Carl-Auer. • Fliegel, S., Kämmerer, A. 2007 Psychotherapeutische Schätze: 01 bewährte Übungen und Methoden für die Praxis • Frankl, V. E. (2018). Psychotherapie für den Alltag: Rundfunkvorträge über Seelenheilkunde. Verlag Herder GmbH. • Matthias Wengenroth: Das Leben annehmen. So hilft Akzeptanz- und Commitmenttherapie • Junge, M. 2020 Kleine Schritte mit großer Wirkung: Mit minimalen Veränderungen zu maximaler Zufriedenheit • Wehrle, M. (2020). Die Coaching-Schatzkiste <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.goodtherapy.org/blog/11-things-that-will-help-you-hold-space-for-someone-0523175 • http://www.praxis-dr-shaw.de/blog/ • https://www.alltagsforschung.de/ • https://fs.blog/2013/07/building-trust/ • https://threadreaderapp.com/thread/1227258646821658624.html <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=eB1e7BB0wjo&feature=youtu.be • https://wachstumdurchdbt.jimdo.free.com/dbt/marsha-m-linehan/ • https://www.youtube.com/watch?v=PCJ0R6vAUnw • https://www.youtube.com/watch?list=PLoQhFC8E4W89mxMSyUmJiipxbgSQB5yk&v=IXFYV8L3sHQ • https://www.youtube.com/watch?v=iVwIVwGOnpo • https://www.youtube.com/watch?v=SjP7LAsW6Cg 	<p>Buch:</p> <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=0gks6ceq4eQ • https://www.youtube.com/watch?v=0PqWQl2AJpQ • https://www.youtube.com/watch?v=rAtO1Ilg_Ds • https://www.youtube.com/watch?v=7CBfCW67xT8 • https://www.youtube.com/watch?v=IeblJdB2-Vo • https://www.youtube.com/watch?v=JVwLjC5etEQ • https://ideas.ted.com/heres-how-you-can-connect-to-friends-who-are-depressed/ <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://tinybuddha.com/blog/life-gets-hard-keep-moving-forward-one-step-time/ • Gottman Jenny TeGrotenhuis, LMHC 2020 Under Stress, We All Regress https://www.gottman.com/blog/under-stress-we-all-regress/#utm_source=facebook&utm_medium=social&utm_campaign=blog

H9	Happiness – Life Satisfaction – Children Family Planning	Session 3	<p>Buch:</p> <ul style="list-style-type: none"> Jorgenson & Butcher (2020). The Almanack of Naval Ravikant: A Guide to Wealth and Happiness Clark, Andrea: Origins of Happiness: The Science of Well-Being over the Life course Galloway, S. (2019). The Algebra of Happiness. Portfolio; Illustrated Edition. Paul Dolan: Happiness by Design: Finding Pleasure and Purpose in Everyday Life Paul Dolan: Happy Ever after <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://blogs.lse.ac.uk/politicsandpolicy/unmet-aspirations-as-an-explanation-for-the-age-u-shape-in-wellbeing/ http://www.belladepaulo.com/home/myth-busting-about-single-people-and-single-life/ https://drgeraldstein.wordpress.com/tag/changes-in-life-satisfaction-in-adults-as-they-age/ https://www.belladepaulo.com/ https://www.weforum.org/agenda/2017/08/youll-probably-have-a-midlife-happiness-crisis-heres-why https://www.theatlantic.com/magazine/archive/2020/03/the-nuclear-family-was-a-mistake/605536/ http://paulgraham.com/kids.html <p>Podcast:</p> <ul style="list-style-type: none"> https://play.acast.com/s/survivingmypodcast/podcast-ep-67-sustainable-life-satisfaction-dr-jen <p>Paper:</p> <ul style="list-style-type: none"> Killingsworth, M. A. (2021). Experienced well-being rises with income, even above \$75,000 per year. Proceedings of the National Academy of Sciences, 118(4). Brickman, P., Coates, D., & Janoff-Bulman, R. 1978 Lottery winners and accident victims: Is happiness relative Journal of personality and social psychology Fujita, F., & Diener, E. 2005 Life satisfaction set point: stability and change. Journal of personality and social psychology https://aifs.gov.au/publications/life-satisfaction-across-life-course-transitions 	<p>Buch:</p> <ul style="list-style-type: none"> Strayed, C. 2013 Tiny beautiful things: Advice on love and life from Dear Sugar Achor, S. 2011 The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work Paul dolan: Happy Ever After: Escaping the Myth of the Perfect Life Strelecky, J. 2009 The Big Five for Life: Was wirklich zählt im Leben Achor, S. 2013 Before Happiness: 5 Actionable strategiesto create a positive path to success Awosika, A. 2019 Real Help: An honest guide to self-improvement. <p>Videos:</p> <ul style="list-style-type: none"> https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=de <p>Artikel</p> <ul style="list-style-type: none"> businessinsider Justin Maiman 2019 I'm taking Yale's class on happiness — and halfway through, these 4 tricks are already working https://www.businessinsider.de/international/im-taking-yales-class-on-happiness-already-working-2019-3/?fbclid=IwAR03XwO0k1qMqbNHdQ0GNnx7pe4WK2ZUemlaNp20Q1WklycBazosCXeG9CM&r=US&IR=T https://www.washingtonpost.com/news/wonk/wp/2014/04/01/the-data-are-in-life-under-putin-is-a-continuous-downward-spiral-into-despair/ Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive
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H10	Positive Resonanz	Session 3	<p>Buch:</p> <ul style="list-style-type: none"> • Cabane, O.F. (2017). Das Charisma-Geheimnis: Wie jeder die Kunst erlernen kann, andere Menschen in seinen Bann zu ziehen • Goleman, D. 1997 EQ. Emotionale Intelligenz • Grant, A. M. (2013). Give and take: A revolutionary approach to success. Penguin. • Dale Carnegie: How To Win Friends And Influence People • Boothman, N. 2004 How to Make People Like You In 90 Seconds or Less <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=KBcgIYn9zzU • https://www.ted.com/talks/quita_christison_the_new_5_second_rule_redefining_the_first_impression • https://www.youtube.com/watch?v=rVn2vVOULwU • https://www.youtube.com/watch?v=n_ffqEA8X5g • https://ed.ted.com/lessons/the-science-of-attraction-dawn-masla <p>Artikel:</p>	<p>Buch:</p> <ul style="list-style-type: none"> • Goleman, D. 1997 EQ. Emotionale Intelligenz • Carnegie, D. 1948 Sorge dich nicht - lebe! Neu: Die Kunst, zu einem von Ängsten und Aufregungen befreiten Leben zu finden • Reklau, M. 2018 How to Become a People Magnet: 62 Simple Strategies to Build Powerful Relationships and Positively Impact the Lives of Everyone You Get in Touch with <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=KBcgIYn9zzU

		<ul style="list-style-type: none"> • https://www.manager-magazin.de/unternehmen/karriere/a-820618.html • https://time.com/135945/make-people-like-you/ <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.kerstingernig.de/leben-und-arbeiten-in-resonanz/ • http://www.executive-impressions.com/blog/psychologyfirstimpressions • https://www.wellandgood.com/esther-perel-lifelong-friends/ • https://www.inc.com/scott-mautz/want-to-raise-thoughtful-well-adjusted-children-parenting-experts-say-they-should-hear-you-speak-these-11-things.html • https://mailchi.mp/36cc9a084a58/weekly-insight-from-spencer-greenberg-4782373?e=1cbaed9927 <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=Bk7MWcPjdUM • https://www.ted.com/talks/patricia_rossi_the_new_first_impression • https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes 	<ul style="list-style-type: none"> • https://www.ted.com/talks/quita_christison_the_new_5_second_rule_redefining_the_first_impression • https://www.youtube.com/watch?v=rVn2vVQULwU • https://www.youtube.com/watch?v=n_ffqEA8X5g • https://ed.ted.com/lessons/the-science-of-attraction-dawn-maslar <p>Artikel:</p> <ul style="list-style-type: none"> • https://ze.tt/empathie-so-wirst-du-ein-einfuehlsamerer-mensch/ <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • http://www.assigundechter.de/newsletter/2011-07.htm • https://www.christophburger.de/ehrgeiz-verhindert-grosse-karrieren-ueberraschende-aussagen-der-topmanagement-coachs-assigund-echter-im-interview/
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2. Social Skills

Nr.	Thema	Session	Quellenpaket	Optionale Quellen
S1	Andere Überzeugen: Persuasion & Influence	Session 4	<p>Buch:</p> <ul style="list-style-type: none"> Cialdini, R. (2017). Pre-Suasion: A Revolutionary Way to Influence and Persuade Neflinger & Kohut (2014). Compelling People: The hidden qualities that make us influential Nasher, J. 2017 Überzeugt!: Wie Sie Kompetenz zeigen und Menschen für sich gewinnen Gracian, B. 2015 How to Use your enemies <p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=sKUiE9DBkKc https://www.youtube.com/watch?v=cFdCzN7RYbw&t=447s https://www.youtube.com/watch?v=HNxDinw_Kjo&t=3s https://www.influenceatwork.com/principles-of-persuasion/ https://www.ted.com/talks/jon_levy_what_makes_us_influential https://www.ted.com/talks/sameer_ahmed_the_power_of_influence_jan_2018 <p>Artikel:</p> <ul style="list-style-type: none"> https://www.nytimes.com/2021/01/31/opinion/change-someones-mind.html https://www.brigitte.de/academy/karriere/menschen-ueberzeugen--mit-diesen-3-tricks-gelingt-es--fast--immer--11242114.html <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://entrepreneurshandbook.co/according-to-science-these-4-words-make-you-instantly-more-persuasive-447b0d89ca4a?source=email-dc4acc22a04-1599697228082-digest.reader-----0-58-----7067d937_0724_4803_a587_3d7f76f9bc81-1-ff050c27_f594_4bc3_8739_7b660bcf71ff--- Aaron Schnoor 2020 Amazon Accidentally Sent Out Their Email Template https://medium.com/better-marketing/amazon-accidentally-sent-out-their-email-template-33e6ecbc0875 	<p>Buch:</p> <ul style="list-style-type: none"> Cialdini, R. (2008). INFLUENCE: Science and Practice. Allyn & Bacon. Kohut, M., Neffinger, J. 2013 Compelling People: The Hidden Qualities That Make Us Influential Berger, J. 2013 Contagious: Why Things Catch On <p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=ywGmvXMVQUo https://www.youtube.com/watch?v=DQLa4QwRdIs <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://fs.blog/2012/04/facts-are-not-enough/
S2	Kommunikation: Tips, Tricks & Hacks	Session 4	<p>Buch:</p> <ul style="list-style-type: none"> Lownders (2014). How to talk to anyone Cremer, S., Schumacher, C. (2015). GFK-Navigator für Gewaltfreie Kommunikation 	<p>Buch:</p> <ul style="list-style-type: none"> Marshall B. Rosenberg, „Gewaltfreie Kommunikation“ Marshall B. Rosenber <i>Das können wir klären!</i>

		<p>online</p> <ul style="list-style-type: none"> • Schein, E. 2013 <i>Humble Inquiry: The Gentle Art of Asking Instead of Telling</i> Humble Inquiry: The Gentle Art of Asking Instead of Telling. Berrett-Koehler Publishers. • King (2020). Read People Like a Book: How to Analyze, Understand, and Predict People’s Emotions, Thoughts, Intentions, and Behaviors • Loewenstet, J. 2018 Rhetorik Smalltalk Schlagfertigkeit und Selbstbewusstsein • Sanusi (2017). Quick Guide to CV Building, Job Search and Interview Skills - Employability <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=FDPPZmXM8tY • https://www.youtube.com/watch?v=1Evwgu369Jw • https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation • https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen • https://www.youtube.com/watch?v=zvcbn6WtJvQ • https://refugeingrief.com/2018/07/19/help-a-friend-video/ <p>Artikel:</p> <ul style="list-style-type: none"> • Mastroianni, A. M., Gilbert, D. T., Cooney, G., & Wilson, T. D. (2021). Do conversations end when people want them to?. <i>Proceedings of the National Academy of Sciences</i>, 118(10). <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://tinybuddha.com/blog/emotions-meant-fluctuate-shouldnt-judge-feelings/ • https://www.gottman.com/blog/hurt-feelings-not-mean-something-wrong/ • https://www.masterclass.com/classes/chris-voss-teaches-the-art-of-negotiation • https://threadreaderapp.com/thread/1285460711808700418.html • https://www.nytimes.com/2020/02/01/travel/a-former-fbi-negotiator-and-his-tips-for-travel.html Medium Dave Schools • https://forge.medium.com/how-to-control-a-conversation-without-saying-much-at-all-c46fb2d4823b • https://www.good.is/articles/support-and-positivity • https://forge.medium.com/how-to-make-someone-feel-extraordinary-by-saying-very-little-887811246bae 	<p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=FDPPZmXM8tY • https://www.youtube.com/watch?v=1Evwgu369Jw • https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation • https://www.youtube.com/watch?v=HMjPD_XEUQ_g • https://www.youtube.com/watch?v=hNIRsV9-p-8 • https://www.ted.com/talks/joan_halifax_compassion_and_the_true_meaning_of_empathy • https://www.youtube.com/watch?v=iibgCYQTXCs • https://www.youtube.com/watch?v=VT8KGgDo6TY • https://www.youtube.com/watch?v=m98KG88LK2c • https://www.youtube.com/watch?v=eB1e7BB0wjo&feature=youtu.be <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.nytimes.com/2018/09/16/smarter-living/tips-better-conversations.html • https://www.nytimes.com/2018/12/29/opinion/sunday/tell-me-one-more-time-what-to-do-about-grief.html • https://time.com/4737347/sheryl-sandberg-option-b-excerpt/ • https://www.nytimes.com/2018/03/28/magazine/how-to-be-a-confidant.html <p>Blogs/Websites:</p> <ul style="list-style-type: none"> •
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S3	How to make a great presentation: Minto, Lessing-Methode, etc.	Session 4	<p>Buch:</p> <ul style="list-style-type: none"> • Minto, B. (2008). Pyramid Principle • Gallo, C. (2016). <i>Talk like TED: Die 9 Geheimnisse der besten Redner</i>. Redline Verlag. • Parr, B. 2005 Captivology: The science of getting attention <p>Videos:</p> <ul style="list-style-type: none"> • https://www.ted.com/playlists/574/how_to_make_a_great_presentation • https://www.youtube.com/watch?v=WVJBC7cKARw • https://www.youtube.com/watch?v=yWF5i3P5UvE • http://sixminutes.dlugan.com/presentation-20-hardt-executes-the-lessig-method/ <p>Artikel:</p> <ul style="list-style-type: none"> • Michael Thompson 2019 According to Warren Buffett, Honing This One Skill Can Improve Your Worth by 50 Percent https://entrepreneurshandbook.co/according-to-warren-buffett-honing-this-one-skill-can-improve-your-worth-by-50-percent-9221cd79356?source=email-b2c8968355fa-1597021032215-digest.reader---1-71-----ac8e812a_e820_410c_a2ad_2e92f071cb9c-27-8f9461b3_b1f4_4fc4_8c3c_08fae51ec800--- <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://visualhackers.com/blog/15-powerpoint-hacks-help-you-save-hours/ • https://blog.hubspot.com/sales/types-of-presentation-styles 	<p>Buch:</p> <ul style="list-style-type: none"> • Topf, C. 2013 Souverän! Wie sie stark auftreten auch wenn Sie sich nicht so fühlen • Mück, F., Zimmer, J. 2017 Der TED-Effekt: Wie man perfekt visuell präsentiert für TED-Talks, YouTube, Facebook, Videokonferenzen & Co <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=yWF5i3P5UvE • https://www.youtube.com/watch?v=AFTPyvO6kcY • https://www.youtube.com/watch?v=ZNOQDp8v_wc • https://www.ted.com/talks/andrew_stanton_the_clues_to_a_great_story?language=de • https://www.youtube.com/watch?v=NjhdQMa3uA • https://allgoodtales.com/5-best-storytelling-ted-talks/ <p>Artikel:</p> <ul style="list-style-type: none"> • https://hbr.org/2013/06/how-to-give-a-killer-presentation <p>Blogs/Websites:</p>

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S4	Techniken für das Second Brain	Session 4	<p>Bücher:</p> <ul style="list-style-type: none"> Allen D. (2015). Wie ich die Dinge geregelt kriege: Selbstmanagement für den Alltag <p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/channel/UCoOae5nYA7VqaXzerajD0lg https://www.youtube.com/watch?v=fqQw4UVV5N8 Ali Abdaal 2019 How I ranked 1st at Cambridge University - The Essay Memorisation Framework https://www.youtube.com/watch?v=-46Vyiwat_Y https://www.youtube.com/watch?v=SjZSy8s2VEE https://www.youtube.com/watch?v=OP3dA2GcAh8&t=786s Morgan Housel & David Perell - Walking Creativity: https://www.youtube.com/watch?v=trbbtIWkRfM Timothy Kenny 2020 Tiago x Timothy - Building a Second Brain Course Interview https://www.youtube.com/watch?v=B-Xs_u6mW5Y&feature=emb_title <p>Artikel:</p> <ul style="list-style-type: none"> https://www.change-magazin.de/beitraege/serendipity/ Tim Herrera 2020 Smarter Living: 6 ways to work smarter in 2020 https://www.nytimes.com/2019/04/07/smarter-living/how-to-be-happier-at-work.html?te=1&nl=smarter-living&emc=edit_sl_20191230?campaign_id=33&instance_id=14849&seg 	<p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=OP3dA2GcAh8 https://www.youtube.com/watch?v=vhkLcUiMjLs https://www.youtube.com/watch?v=qLDHTl15s7M https://www.youtube.com/watch?v=-V6Yc2ovJuM <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://www.buildingasecondbrain.com/ https://medium.com/praxis-blog/building-a-second-brain-frequently-asked-questions-61ba6f224b01 http://scottkrouse.com/managing-knowledge-with-my-second-brain/ https://groovywink.com/how-to-build-a-second-brain-in-notion/ https://uxdesign.cc/building-a-second-brain-for-product-management-8a05cc4c5e4e?gi=d29930b16cfa

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S5	How to be productive: Productivity Hacks	Session 4	<p>Buch:</p> <ul style="list-style-type: none"> • Allen (2015). Wie ich Dinge geregelt kriege: Selbstmanagement für den Alltag • Allen, D. (2018). Getting Things Done for Teens: Take Control of Your Life in a Distracting World • Kondo, M. (2020). Der Planer: Mit Magic Cleaning durchs Jahr • Kondo, M. (2014). The Life-Changing Magic of Tidying • Scott K. (2021). Just Work: Get Sh*t Done, Fast & Fair • Stephen R. C. et al. (2005). Die 7 Wege zur Effektivität: Prinzipien für persönlichen und beruflichen Erfolg (Dein Erfolg) <p>Artikel:</p>	<p>Buch:</p> <ul style="list-style-type: none"> • Covey, S. R. (2004). 7 habits of highly effective people. Simon & Schuster. • Newport, C. 2016 Deep Work: Rules for Focused Success in a Distracted World <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://fortelabs.co/ • https://www.perell.com/tweetstorms/productivity-lessons • https://fs.blog/2013/11/taking-notes-while-reading/

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S6	Schwierige Gespräche führen: Trauer	Session 5	<p>Buch:</p> <ul style="list-style-type: none"> Guthrie, N. 2016 What Grieving People Wish you knew Julia Samuel: Greif Works: Stories of Life, Death and Surviving <p>Artikel:</p> <ul style="list-style-type: none"> David Pogue 2019 What to Say (and What Not to Say) to Someone Who's Grieving https://www.nytimes.com/2019/02/14/smarter-living/what-to-say-and-what-not-to-say-to-someone-whos-grieving.html?smid=fb-nytimes&smtyp=cur&fbclid=IwAR2VjVNtcbGoAHpU1MIxsBFTuMEpyi5jC0JfgFXXEj98mTkbv_an0Mjfp8 https://time.com/sheryl-sandberg-option-b/ <p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=UDzxh86h6vc https://ed.ted.com/lessons/how-to-practice-emotional-first-aid-guy-winch <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://sz-magazin.sueddeutsche.de/leben-und-gesellschaft/trost-unfall-tod-krankheit-79636 https://www.goodtherapy.org/blog/4-things-you-need-to-know-about-moving-on-from-grief-0623155 https://optionb.org/build-resilience/video/beyond-closure https://johnpavlovitz.com/2019/02/21/everyone-around-you-is-grieving-go-easy/ https://www.penguin.co.uk/articles/2018/how-to-cope-with-bereavement.html https://www.nytimes.com/2019/02/14/smarter-living/what-to-say-and-what-not-to-say-to-someone-whos-grieving.html https://www.forbes.com/sites/francesbridges/2017/11/30/sheryl-sandbergs-advice-for-how-to-help-a-grieving-loved-one-this-holiday-season/?sh=2d9cef1f6107 ief https://www.mindbodygreen.com/0-17928/what-i-wish-more-people-understood-about-losing-a-child.html https://ze.tt/trauer-es-ist-ok-nicht-ok-zu-sein-tod-verwandte-sterben/?utm_term=facebook_zonaudev_int&wt_zmc=sm.int.zonaudev.facebook.ref.zeitde.redpost_zon.link.sf&utm_medium=sm&utm_source=facebo 	<p>Videos:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=OBqv1KaoLWk https://www.youtube.com/watch?v=wjY56aFwQus https://www.youtube.com/watch?v=Q5-bxzVIZcE <p>Blogs/Websites:</p> <ul style="list-style-type: none"> https://www.wbur.org/cognoscenti/2018/03/07/how-we-manage-grief-megan-devine https://optionb.org/build-resilience/lessons/the-elephant-in-the-room-talking-about-loss-and-hardship https://optionb.org/ https://optionb.org/category/grief-and-loss/resources https://optionb.org/advice/being-there-guide https://www.nytimes.com/2018/01/15/well/live/understanding-grief.html https://tinybuddha.com/blog/speak-someone-unspeakable-loss/ https://www.evangelisch.de/inhalte/149335/24-02-2020/was-beim-troesten-wirklich-hilft https://optionb.org/optionbthere/holidays/start-a-conversation https://onbeing.org/programs/pauline-boss-navigating-loss-without-closure/?utm_campaign=August%202020%20Newsletter%20%28U3QQLM%29&utm_medium=email&utm_source=April%20Workshop&_ke=eyJrbF9lbWFpbCI6ICJ3ZWxwZUB0dW0uZGUlLCAia2xfY29tcGFueV9pZCI6ICJONXViRmMifQ%3D%3D
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S7	Schwierige Gespräche führen II: Rat fragen & geben	Session 5	<p>Buch:</p> <ul style="list-style-type: none"> • Ury, W. 2008 The Power of A positive No • Faber J. & King J. (2017). How to Talk so Little Kids Will Listen • Faber A & Mazlish E. (2012). How to Talk So Kids Will Listen & Listen So Kids Will Talk • Wachtel, S. (2014). Sei nicht authentisch!: Warum klug manchmal besser ist als echt <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.nytimes.com/2020/01/09/opinion/listening-tips.html • https://www.nytimes.com/2020/04/02/smarter-living/how-to-give-better-advice.html • https://www.nytimes.com/2020/10/19/parenting/active-listening-communication-advice.html • nytimes Anna Goldfarb 2019 How to Give People Advice They'll Be Delighted to Take https://www.nytimes.com/2019/10/21/smarter-living/how-to-give-better-advice.amp.html#click=https://t.co/Nh8FProfdk <p>Videos:</p> <ul style="list-style-type: none"> • Bill Bernat on How to connect with depressed friends https://www.ted.com/talks/bill_bernato_how_to_connect_with_depressed_friends?language=en&utm_source=facebook.com&utm_campaign=social&utm_term=social-science&utm_content=talk&utm_medium=referral&fbclid=IwAR0eT6ffpUHHEfDIWsEAGGZ5h8MraSSa6AR3f5SITTzbPUAxa1C8pJT_2ys <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://reachingself.com/why-you-should-stop-giving-advice-what-to-do-instead-surprising-reason-why-you-should-give-advice/ 	<p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://optionb.org/build-resilience/advice/being-there-guide • https://www.vice.com/en/article/kzn4xm/7-things-to-never-say-to-someone-with-cancer • https://thriveglobal.com/stories/the-one-thing-no-one-ever-says-about-grieving/ • https://blog.ed.ted.com/2020/02/03/3-steps-to-having-difficult-conversations/ <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=-BQcF8irz9k • https://www.ted.com/talks/brene_brown_the_power_of_vulnerability • https://www.youtube.com/watch?v=1Evwgu369Jw • https://onbeing.org/blog/omid-safi-how-to-reach-out-to-someone-who-is-struggling/ • https://ideas.ted.com/4-tips-for-talking-to-people-you-disagree-with/?utm_content=ideas-blog&utm_campaign=social&utm_term=social-

			<ul style="list-style-type: none"> • https://www.psychologytoday.com/us/blog/do-the-right-thing/201407/giving-people-advice-rarely-works-does • https://worldwideinterweb.com/psychological-conversation-communication-hacks/ted • https://www.goodtherapy.org/blog/4-things-you-need-to-know-about-moving-on-from-grief-0623155 • https://tinybuddha.com/blog/4-things-need-hear-youre-emotionally-exhausted/ • https://medium.com/psychobabbling/the-psychological-reasons-you-shouldnt-give-advice-to-anyone-3529936330c4 • https://ideas.ted.com/why-we-should-all-stop-saying-i-know-exactly-how-you-feel/ • https://medium.com/personal-growth/do-you-make-this-mistake-in-conversations-cd761cd32651 • https://www.wsj.com/articles/why-you-should-never-tell-someone-to-relax-1471370408 • Psychology Today April Eldemire LMFT Couples Thrive 2019 44 Empathy Statements That Will Make You a Great Listener, Making your partner feel heard is the greatest gift you can give. https://www.psychologytoday.com/us/blog/couples-thrive/201907/44-empathy-statements-will-make-you-great-listener 	<p>science&utm_medium=referral&utm_source=facebook.com</p> <ul style="list-style-type: none"> • https://sessions.estherperel.com/growing-through-discomfort-therapist-guide?utm_campaign=September%202020%20Newsletter%20%28XhpiMd%29&utm_medium=email&utm_source=Clinical%20Mini%20Course&utm_source=eyJrbF9lbWFpbCI6ICJ3ZWxwZUB0dW0uZGUiLCaia2xfY29tcGFueV9pZCI6ICJONXViRFMifQ%3D%3D • https://ideas.ted.com/why-we-should-all-stop-saying-i-know-exactly-how-you-feel/ • https://medium.com/personal-growth/do-you-make-this-mistake-in-conversations-cd761cd32651 • ideas TED Megan Phelps-Roper 2017 4 tips for talking to people you disagree with https://ideas.ted.com/4-tips-for-talking-to-people-you-disagree-with/?utm_content=ideas-blog&utm_campaign=social&utm_term=social-science&utm_medium=referral&utm_source=facebook.com
S8	Gute Beziehungen im Privaten und Beruflichen	Session 5	<p>Buch:</p> <ul style="list-style-type: none"> • Silver, N., Gottman, J. 2014 Die Vermessung der Liebe: Vertrauen und Betrug in Paarbeziehungen • Fliegel, S. & Kammerer A. (2007). Das schwierige Glück der Freundschaft • Finkel, E. 2017 The all-or-nothing marriage: how the best marriages work • Gottman, J. 2014 Die Vermessung der Liebe <p>Paper:</p> <ul style="list-style-type: none"> • https://pdfs.semanticscholar.org/0ef7/acd7aa1a4a329dbddd9cfb19dbf3b798061d.pdf • https://www.gottman.com/about/research/couples/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Weitere Bücher bei John Gottmann • Bücher by Esther Perel • Ty Tashiro: The Science of Happily Ever After: What really matters in the quest for enduring love • Helen Fisher: Why him, why her? <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=INo8RSgnviA

		<ul style="list-style-type: none"> • https://onlinelibrary.wiley.com/doi/pdf/10.1002/j.1556-6678.2005.tb00595.x?casa_token=S6_0L8iZFQAAAAAA:rKtiNVswxTrW7wb03dkcgQMMT8Xys-o21JgiyNZiMVYnygZu2HH2uMVw7_gzJJaWf9y1ZtN6Xx9gV9c <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.nbcnews.com/better/pop-culture/why-you-should-treat-marriage-more-business-ncna778551 • https://www.nytimes.com/interactive/2016/03/23/fashion/weddings/marriage-questions.html <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=SqPvgDYmJnY&index=8&list=PLHxPAzm21rZhtYUhpvXqwrW_Dabrnrl-9&app=desktop • https://www.youtube.com/watch?v=-uazFBCDvVw • https://www.youtube.com/watch?v=PpK8p3wTta4&list=PL7A9EA9AD9CEC5B1B • https://www.youtube.com/watch?v=AKTyPgwfPgg • https://vimeo.com/164488287 <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://jamesclear.com/3-2-1/september-24-2020_Komplimente • https://belladepaulo.medium.com/do-friends-make-us-happier-kinder-stronger-and-more-successful-207d116793c8 • https://www.lemonade.com/blog/creating-meaningful-conversations/ • https://nextshark.com/john-julia-gottman-happy-relationships/ • https://estherperel.com/blog/the--relationship-fights-you-keep-having?utm_campaign=March%202021%20Newsletter%20%28Rc79ZE%29&utm_medium=email&utm_source=April%20Workshop&ke=eyJrbF9jb21wYW55X2lkIjogIk41dWJEUyIsICJrbF9lbWFpbi16ICJ3ZWxwZU • https://www.gottman.com/blog/the-top-7-ways-to-improve-your-marriage/ • INC WANDA THIBODEAUX 2018 Want to Know If Someone Is Trustworthy? Look for These 15 Signs https://www.inc.com/wanda-thibodeaux/want-to-know-if-someone-is-trustworthy-look-for-these-15-signs.html?cid=sf01002 • https://www.wn.de/Freizeit/Ratgeber/Familie/Berichte/2923383-Interview-mit-Wolfgang-Krueger-Wenn-es-hoch-kommt-haben-wir-drei-gute-Freunde 	<ul style="list-style-type: none"> • https://www.youtube.com/watch?v=29KPOOV1_7I&list=RDCMUCnT1R08f7FHLab3nB4f0AGQ&index=21 • https://www.youtube.com/watch?v=wE4QQMyTrC0 • https://www.youtube.com/watch?v=VKd2ARCyqCs&t=59s • https://www.youtube.com/watch?v=LZSGXjMnpsU <p>Artikel:</p> <ul style="list-style-type: none"> • https://time.com/62029/the-science-of-happily-ever-after-3-things-that-keep-love-alive/ • https://www.welt.de/gesundheit/psychologie/plus174041231/Strategien-zur-Selbsthilfe-Zwoelf-Wege-wie-Sie-eine-Krise-ueberwinden.html <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.buzzworthy.com/science-says-that-a-lasting-relationship-boils-down-to-these-two-traits/ • https://www.psychologytoday.com/intl/blog/living-single/201604/apartners-live-happily-ever-after-in-places-their-own • https://tinybuddha.com/blog/what-it-really-means-to-be-there-and-hold-space-for-someone-else/ • https://www.psychologytoday.com/us/blog/the-angry-therapist/201910/what-does-it-mean-look-hold-space-someone • https://upliftconnect.com/hold-space/ • https://optionb.org/build-resilience/conversations/dr-boissy
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S9	Netzwerk	Session 5	<p>Buch:</p> <ul style="list-style-type: none"> • Navidi, S. (2016). Super HUBs: Wie die Finanzelite und ihre Netzwerke die Welt regieren • Scherer, H. (2006). Wie man Bill Clinton nach Deutschland holt: Networking für Fortgeschrittene. <p>Paper:</p> <ul style="list-style-type: none"> • The Strength of Weak Ties. In: American Journal of Sociology 78 (1973), S. 1360–1380. <p>Videos:</p> <ul style="list-style-type: none"> • https://ed.ted.com/lessons/networking-for-the-networking-averse-lisa-green-chau • https://www.ted.com/talks/david_burkus_how_to_hack_networking • https://www.ted.com/talks/morgan_waller_the_power_of_networking • https://www.ted.com/talks/clemens_graf_von_hoyos_networking_the_key_to_a_successful_business_life • https://www.ted.com/talks/worklife_with_adam_grant_become_friends_with_your_rivals • https://www.ted.com/talks/worklife_with_adam_grant_networking_for_people_who_hate_networking <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.forbes.com/sites/johnhall/2012/10/09/the-best-organizations-for-entrepreneurs/?sh=4f2e5304628b • https://www.manager-magazin.de/fotostrecke/die-wichtigsten-netzwerke-in-deutschland-fotostrecke-132163.html • https://www.forbes.com/sites/ellevate/2019/04/11/the-4-networking-hacks-you-should-know/ <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://perell.com/note/what-networks-whisper/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Tijen Onaran (2020) Nur wer sichtbar ist, findet auch statt: Werde deine eigene Marke und hol dir den Erfolg, den du verdienst <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://bestlifeonline.com/most-exclusive-clubs/ • https://www.thegentlemansjournal.com/article/best-exclusive-members-clubs-world/ • https://www.standard.co.uk/insider/living/most-exclusive-members-only-clubs-how-to-get-in-a4371131.html

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S10	Habitus	Session 5	<p>Buch:</p> <ul style="list-style-type: none"> • Michael Hartmann (1996) Topmanager; Rekrutierung einer Elite • Gladwell, M. 2008 Überflieger - warum manche Menschen erfolgreich sind - und andere nicht Erfolg Karriereplanung, Erfolgsfaktoren • Martin, D. 2019 Habitus: Sind Sie bereit für den Sprung nach ganz oben? ungeschriebene Gesetze der Elite, Erfolg • Hogan, C. (2020). The National Study of Millionaires: Findings from the Research Study Behind Everyday Millionaires <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=Fm77sHWmbfM • https://www.youtube.com/watch?v=CpK8A8hKh00 • https://xenagos.de/vertriebsfunk-post/persoeneichkeitsentwicklung/psychologie-der-superreichen-was-du-von-ihnen-fuer-dein-leben-lernen-kannst-interview-mit-dr-dr-rainer-zitelmann/ <p>Artikel:</p>	<p>Buch:</p> <ul style="list-style-type: none"> • Michael Hartmann (1996) Topmanager; Rekrutierung einer Elite <p>Artikel:</p> <ul style="list-style-type: none"> • https://www.spiegel.de/wirtschaft/unternehmen/charakter-der-reichen-was-menschen-zu-millionaeren-macht-a-753236.html • https://www.faz.net/aktuell/wissen/geist-soziales/unterschiede-der-sozialen-schichten-beginnen-in-der-schulkantine-16556549.html <p>Blogs/Websites:</p> <ul style="list-style-type: none"> • https://www.klaus-janowitz.de/wordpress/wer-sind-die-neuen-eliten/ •

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3. Financial Skills

Nr.	Thema	Session	Quellenpaket	Optionale Quellen
F1	Personal Finance: How to get wealthy	Session 6	<p>Buch:</p> <ul style="list-style-type: none"> Kiyosaki, R. (2017). Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not! Lindhoff, H. (2016). Für Kinder Geld anlegen Kühn, S. & Kühn, M. 2017 Handbuch Geldanlage Stiftung Warentest Gardner D. & Gardner T. (2002). The Motley Fool Investment Guide for Teens: 8 Steps to Having More Money Than Your Parents Ever Dreamed Of Lochner, M. 2020 Was ich mit 20 Jahren gerne über Geld Motivation und Erfolg gewusst hätte <p>Artikel:</p> <ul style="list-style-type: none"> https://www.welt.de/finanzen/plus215580562/Anleihen-Aktien-Edelmetalle-Die-goldene-Regel-fuer-Ihr-Geld.html <p>Blogs:</p> <ul style="list-style-type: none"> https://www.collaborativefund.com/blog/the-highest-forms-of-wealth/ https://sahilbloom.substack.com/archive https://www.goldrepublic.com/news/this-is-what-i-learned-from-nassim-taleb https://behavioralscientist.org/to-achieve-your-goals-lump-and-slice/ https://www.gerd-kommer-invest.de/wie-wird-man-richtig-reich/ https://think-beyondtheobvious.com/serien/was-tun-mit-dem-geld/ https://www.focus.de/finanzen/boerse/rene_will_rendite/tipps-von-boersen-millionaerin-beate-sander-so-finde-ich-aktien-die-reich-machen_id_12013545.html https://www.whitebox.eu/magazin/etf/david-swensen-grossmeister-der-diversifikation https://zinszuechter.blogspot.com/ https://growney.de/blog/der-revolution%C3%A4r-der-geldanlage https://www.justetf.com/de/news/geldanlage/sieben-anleger-tipps-von-john-bogle.html <p>Video:</p> <ul style="list-style-type: none"> https://www.youtube.com/watch?v=xBEgpDFe8cQ https://www.youtube.com/watch?v=BmAwa1nnB6w <p>Twitter:</p> <ul style="list-style-type: none"> https://twitter.com/Wealth_Theory 	<p>Buch:</p> <ul style="list-style-type: none"> De Marco, M.J. 2011 The fastlane millionaire Collins, J. L. 2016 The simple path to wealth Sethi, R. 2009 I Will Teach You To Be Rich Sedniev, A. 2019 The millionaire factory Kommer, G. 2018 Souverän investieren für Einsteiger Orman, S. 2002 Richest Man in Babylon <p>Blog:</p> <ul style="list-style-type: none"> https://chrisreining.com/morgan-house/ https://medium.com/the-innovation/3-wealth-advice-from-a-millionaire-who-retired-at-the-age-of-35-740d508574d7?source=email-dc4acc22a04-1599611117420-digest.reader-----1-58-----78b34363_2e63_4a00_8423_d9124bdba835-1-009ee93e_1efe_4972_aace_6ce59f963688--=- https://medium.com/rich-culture/the-one-word-that-explains-why-economics-professors-are-not-billionaires-e7754a606ef4 https://www.quora.com/How-can-I-make-500k-year/answer/Auren-Hoffman?ch=2&srid=tJ https://zinszuechter.blogspot.com/ https://growney.de/blog/der-revolution%C3%A4r-der-geldanlage https://www.justetf.com/de/news/geldanlage/sieben-anleger-tipps-von-john-bogle.html

F2	Finanzielle Freiheit und Unabhängigkeit ASAP: Frugalism & FIRE Movement	Session 6	<p>Buch:</p> <ul style="list-style-type: none"> • Schäfer, B. 2018 Der Weg zur finanziellen Freiheit: Ihre erste Million in 7 Jahren • Robbins, T. 2017 Unshakeable: Your Financial Freedom Playbook • Morrien, R., Engst, J. 2018 Wie lege ich 10 000 € optimal an?: Alle wichtigen Bausteine zum sicheren und einfachen Vermögensaufbau • Morrien, R., Engst, J. 2019 Wie lege ich 50 000 Euro optimal an?: Alle wichtigen Bausteine zum sicheren und einfachen Vermögensaufbau • Robin V, & Dominguezm J. 2018 Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence. • Zitelmann, R. 2015 Reich werden und bleiben Wegweiser zur finanziellen Freiheit • Engst, J. & Morrien, R. 2017 Wie lege ich 5000 Euro optimal an <p>Video:</p> <ul style="list-style-type: none"> • JRE Films 2020 How To Get Rich, Naval Ravikant's Principles of Wealth Creation https://www.youtube.com/watch?v=5oNcoj4G0xc • Steven Drobny 2016 Inside the House of Money https://www.youtube.com/watch?v=cF-kul-zk_E • Inside the House of Money by Steven Drobny https://medium.com/@alexandershaw/inside-the-house-of-money-by-steven-drobny-book-review-7652c69bb809 • Rainer zitelmann 2019 Neustart mit 1000€? Das würde Dr. Dr. Rainer Zitelmann tun! https://www.youtube.com/watch?v=lCuewUR0Yh8 Rainer zitelmann 2019 Das rät Immobilien-Millionär Dr. Dr. Zitelmann Jungen Menschen - Interview Q&A https://www.youtube.com/watch?v=XTb1gJaPEI8 <p>Blog:</p> <ul style="list-style-type: none"> • https://homemade-finance.de/realistische-etf-aktien-rendite/ • https://www.staatenlos.ch/perpetualtraveler_wo/ • https://en.m.wikipedia.org/wiki/Perpetual_traveler • https://nomadlist.com/how-do-taxes-work-for-perpetual-travelers/8020 • https://nickyoder.com/kelly-criterion/ • https://www.portfolioeinstein.com/david-swensens-portfolio/ • https://humbledollar.com/2020/07/almost-zero/?utm_source=mailpoet&utm_medium=email&utm_campaign=another-ses-test_7 	<p>Buch:</p> <ul style="list-style-type: none"> • Weber, M., Jacobs, H. et al 2020 Die genial einfache Vermögensstrategie • Kommer, G. 2018 Souverän Investieren mit Indexfonds • Correa, J. 2018 Der Zinseszins Millionär: Nutze Deine Ersparnisse, um ein Kontinuierliches Passives Einkommen zu Erhalten • Hörhan, G. 2010 Investment Punk • Schumm, S. 2018 ETFs der einfache Weg zum Reichtum • Tanous, P. J. 1997 Investment Gurus: A Road Map to Wealth from the World's Best Money Managers • Lefevre, E. 2007 Jesse Livermore. Das Spiel der Spiele • Kommer, G. 2015 Souverän investieren mit Indexfonds und ETFs: Wie Privatanleger das Spiel gegen die Finanzbranche gewinnen • Thaghizadegan, R. 2019 Geld her oder es kracht • Colin, N. 2018 Hedge • Drobny, S. 2014 Inside the House of Money: Top Hedge Fund Traders on Profiting in the Global Markets <p>Blogs:</p> <ul style="list-style-type: none"> • https://finexity.com/ • https://www.cnbc.com/video/2018/09/18/scott-galloway-do-this-and-youre-guaranteed-to-be-rich.html
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F3	The Compound Effekt	Session 6	<p>Buch:</p> <ul style="list-style-type: none"> • Baid G. (2020). The Joys of Compounding • Hardy, D. 2011 The Compound Effect. • Pecaut, D. und Wrenn, C. 2017 University of Berkshire Hathaway: 30 Years of Lessons Learned from Warren Buffett & Charlie Munger at the Annual Shareholders Meeting. • Dahlmann, T. 2017 Einfach investieren mit Indexfonds und ETFs. <p>Video:</p> <ul style="list-style-type: none"> • Darren Hardy - Productivity Game Daily Consistency = Massive Results https://www.youtube.com/watch?v=qDxDcTZ9UkE • Practical Psychology - The Compound Effect https://www.youtube.com/watch?v=oZIVEr-Kkx8 • https://www.youtube.com/watch?v=PHe0bXAIuk0 • https://www.ted.com/talks/interes_compuesto_para_los_amigos_y_el_aprendizaje • https://www.youtube.com/watch?v=y2X7c9TUQJ8 • https://www.youtube.com/watch?v=wU2pr1tsEvw&ab_channel=OptoCMC • https://www.youtube.com/watch?v=TJDcGv9OH4Q <p>Blog:</p> <ul style="list-style-type: none"> • How to Make Massive Change In Your Life — The Compound Effect by Darren Hardy (BOOK NOTES) https://medium.com/@sarahcy/the-compound-effect-by-darren-hardy-book-notes-cf01799e2cc3 • https://www.youtube.com/watch?v=qDxDcTZ9UkE • Fear and Greed index: https://money.cnn.com/data/fear-and-greed/ • https://money.cnn.com/data/fear-and-greed/ • https://jamesclear.com/great-speeches/a-lesson-on-elementary-worldly-wisdom-by-charlie-munger • https://www.collaborativefund.com/blog/standing/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Zitelmann, R. 2011 Investieren in Sachwerte: 15 Geldanlage-Alternativen, um der Inflation zu entkommen.
F4	Mindset for Wealth & Success	Session 6	<p>Buch:</p> <ul style="list-style-type: none"> • Loomis, C. (2012). Tap Dancing to Work: Warren Buffett on Practically Everything, 1966-2012: A Fortune Magazine Book • Clark, D. (2017). Tao of Charlie Munger: A Compilation of Quotes from Berkshire Hathaway's Vice Chairman on Life, Business, and the Pursuit of Wealth 	<p>Buch:</p> <ul style="list-style-type: none"> • Housel, M. 2020 The Psychology of Money: Timeless lessons on wealth, greed, and happiness. • Hill, N 2018 Think and Grow rich. • Dennis, F. 2011 How to get rich.

			<ul style="list-style-type: none"> • Zitelmann, R. (2017). Die Psychologie der Superreichen. FinanzBuch Verlag. • Eker, H. 2010 So denken Millionäre: Die Beziehung zwischen Ihrem Kopf und Ihrem Kontostand. • Kiyosaki, R. (2017). Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not!. Plata Publishing. • Freeland (2013). Die Superreichen: Aufstieg und Herrschaft einer neuen globalen Geldelite <p>Video:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=qkUgmolMI9I • Robert Kiyosaki - Was ist das Geheimnis der Reichen? https://www.youtube.com/watch?v=ensZI-0zAhs • Simon Mawhinney 2019 Livewire Markets • Rainer zitelmann 2017 Rainer Zitelmann: So ticken die Superreichen https://www.youtube.com/watch?v=eaL6vhwCLK0 <p>Blog:</p> <ul style="list-style-type: none"> • https://www.inc.com/jeff-haden/want-to-get-rich-science-says-people-most-likely-to-build-exceptional-wealth-possess-5-fundamental-personality-traits.html • https://podcastnotes.org/james-altucher-show/ramit-5/ • https://themakingofamillionaire.com/how-much-money-is-needed-to-build-generational-wealth-330d5b013695 • https://www.reading.guru/wealth-a-concept-of-abundance/ • https://www.markjsnyder.com/wealth-preservation-preserving-wealth-a-how-to-guide • https://wperp.com/32125/get-rich-without-being-lucky/ • https://medium.com/swlh/how-to-get-rich-without-getting-lucky-naval-ravikant-the-tech-buddha-a90f0e7863c0 <p>Twitter:</p> <p>https://twitter.com/SutcliffeDavid</p>	<ul style="list-style-type: none"> • Maschmeyer, C. 2016 Die Millionärsformel. • Kiyosaki, R. 2018 Warum die Reichen immer reicher werden. • Druyen, T. 2007 Goldkinder: Die Welt des Vermögens. • Munger, C. 2016 Ich habe dem nichts hinzuzufügen. • von Butlar, H. 2018 Meine erste Millionen: Unternehmer, Künstler und andere Persönlichkeiten sprechen über das Geheimnis ihres Erfolg. • Navidi, S. 2016 Super HUBS: Wie die Finanzelite und ihre Netzwerke die Welt regieren. • Hagstrom, R. G. 2016 Warren Buffett: Sein Weg. Seine Methode. Seine Strategie. • Miller, J. 2016 Warren Buffett's Ground Rules. • Kostolany, A. 2015 Die Kunst, über Geld nachzudenken. • Munger, Charles T. 2005 Poor Charlie's Almanack: The Wit and Wisdom of Charles T. Munger. <p>Blog:</p> <ul style="list-style-type: none"> • https://www.cnn.com/amp/2019/07/30/warren-buffett-this-is-the-no-1-mistake-parents-make-when-teaching-kids-about-money.html • http://paulgraham.com/wealth.html <p>Twitter:</p> <ul style="list-style-type: none"> • https://twitter.com/SutcliffeDavid
F5	Investieren in Unternehmen: Aktien et al.	Session 6	<p>Buch:</p> <ul style="list-style-type: none"> • ClasenKneidl: ETF für Kinder und Jugendliche: Kinderleichte ANleitung für den Start an der Börse. • Kneidl (2020). ETF für Kinder und Jugendliche: Kinderleichte Anleitung für den Start an der Börse • Lynch, P. 2000 One up on Wall Street : How To Use What You Already Know To Make Money In The Market. 	<p>Buch:</p> <ul style="list-style-type: none"> • Bomsdorf 2018 So reich werden wir Norwegen: Genial einfach ein Vermögen aufbauen. • Mross, M. 2001 Schnell reich: Die ewigen Gesetze der Börse.

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F6	Starting Up: Entrepreneurs hip	Session 7	<p>Buch:</p> <ul style="list-style-type: none"> Draper, T. 2017 How to be The Startup Hero: A Guide and Textbook for Entrepreneurs and Aspiring Entrepreneurs Schröder (2016). GmbH und UG: Richtig gründen und Führen Sedniev, A. 2013 The business Idea Factory: A World-Class System for Creating Successful Business Ideas <p>Twitter:</p> <ul style="list-style-type: none"> https://twitter.com/eriktorenberg/status/1243820695047421953?lang=de https://twitter.com/eriktorenberg/status/1264733620582756352 <p>Blog:</p> <ul style="list-style-type: none"> https://de.slideshare.net/dmc500hats/top-10-term-sheet-hacks-naval-ravikant-venturehacks-presentation https://t.co/pceHwJyhtJ?amp=1 https://t.co/ocL7551BIT?amp=1 https://breakingintostartups.com/125-erik-torenberg-what-is-venture-capital-how-it-helps-job-seekers/ https://eriktorenberg.substack.com/archive https://entrepreneurshandbook.co/two-books-that-turned-a-26-year-old-programmer-into-a-billionaire-8990e52065b1 https://medium.com/swlh/entrepreneurs-if-you-only-read-a-couple-of-books-in-2020-read-these-20429e15e964 http://paulgraham.com/wealth.html https://de.slideshare.net/dmc500hats/top-10-term-sheet-hacks-naval-ravikant-venturehacks-presentation <p>Podcast:</p> <ul style="list-style-type: none"> https://podcastnotes.org/knowledge-project/mike-maples-shane-parrish-startups-mental-models-entrepreneurs/ https://open.spotify.com/episode/2wGUTyoFt7Jh3Kt6aHpyCu https://podcastnotes.org/resources-for-humans/sam-altman-resources-for-humans-entrepreneurship-startup/ https://open.spotify.com/episode/2tt1JofQ6yTi5jBUihOB0Z <p>Videos:</p>	<p>Blog:</p> <ul style="list-style-type: none"> Create Jobs, Eliminate Waste, Preserve Value https://www.inc.com/magazine/20061201/entrepreneur-hendricks.html How To Be Successful https://blog.samaltman.com/how-to-be-successful According to Steve Jobs, This One Thing Separates The Doers from The Dreamers https://entrepreneurshandbook.co/according-to-steve-jobs-this-one-thing-separates-the-doers-from-the-dreamers-20bc2358e682 <p>Podcast:</p> <ul style="list-style-type: none"> https://podcastnotes.org/north-star-podcast/lessons-from-naval-ravikant-eric-jorgenson-on-the-north-star/

			<ul style="list-style-type: none"> • https://www.ted.com/talks/amy_wilkinson_the_secret_of_how_to_think_like_an_entrepreneur • https://www.ted.com/talks/cameron_herold_let_s_raise_kids_to_be_entrepreneurs • https://www.ted.com/talks/bill_gross_the_single_biggest_reason_why_start_ups_succeed?language=so 	
F7	Reichtum erhalten - Vermögen schützen in Krisen	Session 7	<p>Buch:</p> <ul style="list-style-type: none"> • Rickards, J. (2019). Nach dem Kollaps: Die sieben Geheimnisse des Vermögenserhalts im kommenden Chaos • Walz (2020). Einfach genial entscheiden im Falle einer Finanzkrise: Konstruktive Crashgedanken • Homm, F. (2019). Der Crash ist da: Was Sie jetzt tun müssen! Anlagen, Immobilien, Ersparnisse, Arbeit. • Lingnau, G. (2014). Auch die sicheren Häfen sind in Gefahr: Schützen Sie Ihr Vermögen vor der demografischen Katastrophe. • Rasch, M., Ferber, M., et al. (2016). Die (un)heimliche Enteignung: So schützen Sie Ihr Geld vor Politikern und Notenbankern <p>Video:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=m8Uo1f-zloI • https://www.youtube.com/watch?v=IBs6jTqiV9Y • https://www.youtube.com/watch?v=gxA5KFhFDQ • https://www.youtube.com/watch?v=Ok73IoKxCss&list=PLLYZV4O4iPIjFNf_MIW1d2rKKCY8TyAwv • https://www.youtube.com/watch?v=hOVOwdY-Vtk • https://www.youtube.com/watch?v=BtkVd_vT2ts • https://www.youtube.com/watch?v=IshYIYyNopU • https://www.youtube.com/watch?v=65WvuMJY0aw&t=344s • https://www.youtube.com/watch?v=McId_6lu-xg • https://www.youtube.com/watch?v=Uc4fI9bsaol • https://www.youtube.com/watch?v=3QuyrKTGt90 • https://www.youtube.com/watch?v=fkwgk0oRqdE • https://www.youtube.com/watch?v=iGh_zhbuJCA <p>Blog:</p> <ul style="list-style-type: none"> • https://jotofi.com/maintaining-wealth-generational-wealth-part-2/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Greenwald, Kahn, Sonkin, & van Biema (2004). Value investing - From Graham to Buffett and Beyond. • Miller, M. (2019). Finanzielle Selbstverteidigung • Sander, B. (2020). Die richtige Geldanlage in Krisen und im Crash. FinanzBuch Verlag. • Miller, M. (2006). Geopolitische Vermögenssteuerung: Neue Chancen für Ihr Geld! • Miller, M. (2017). Die Welt vor dem Geldinfarkt: Wie Sie sich mit finanzieller Selbstverteidigung Ihr eigenes Fort Knox schaffen • Rickards, J. (2014). Die Geldapokalypse: Der Kollaps des internationalen Geldsystems • Krall, M. (2017). Der Draghi Crash • Housel, M. (2011). Everyone Believes It; Most Will Be Wrong: Motley Thoughts on Investing and the Economy <p>Videos:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=dcL95w38ypU • https://www.youtube.com/watch?v=dHcYE2q-3iQ • https://www.youtube.com/watch?v=mPaIYf0BYbs • https://www.youtube.com/watch?v=RBjssR8ECUc

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F8	Investieren in Start-Ups: Business Angels und andere Engel	Session 7	<p>Buch:</p> <ul style="list-style-type: none"> • Walling J. & Baltaxe P. (2020). <i>Angel Investing: Start to Finish</i> • Ardiss (2020). 27 Counter-intuitive aspects of start-up investing: Why for even the most successful business people can Angel Investing be so difficult • Miles (2017). #BreakIntoVC: How to Break Into Venture Capital and Think Like an Investor Whether You're a Student, Entrepreneur or Working Professional • Calacanis, J. (2017). <i>Angel: How to Invest in Technology Startups—Timeless Advice from an Angel Investor Who Turned \$100,000 into \$100,000,000</i> • Rose, D., & Hoffman R. (2014). <i>Angel Investing: The Gust Guide to Making Money and Having Fun Investing in Startups</i>. Wiley. <p>Blog:</p> <ul style="list-style-type: none"> • https://www.navalmanack.com/secret-sections/investing • https://calacanis.com/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Feld, B. & Mendelson, J. (2019). <i>Venture Deals: Be smarter than you Lawyer and Venture Capitalist</i>. Wiley. • Sander, B. (2018). <i>Reich werden mit Familienunternehmen</i>. FinanzBuch Verlag. • Calacanis, J. (2017). <i>Angel: How to Invest in Technology Startups—Timeless Advice from an Angel Investor Who Turned \$100,000 into \$100,000,000</i>. Harper Business. • Rose, N. (2016). <i>Equity Crowdfunding: The Complete Guide For Startups And Growing Companies</i>. Stonepine Publishing. <p>Blog:</p> <ul style="list-style-type: none"> • https://www.linkedin.com/in/jasoncalacanis/ • https://hivelife.com/angel-investor-tips/

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F9	Cryptocurrencies und Tokens	Session 7	<p>Buch:</p> <ul style="list-style-type: none"> • Horstmann, U., & Mann, G. (2015). <i>Bargeldverbot: Alles, was Sie über die kommende Bargeldabschaffung wissen müssen</i>. FinanzBuch Verlag. • Morgan P. (2018). <i>Cryptoasset Inheritance Planning: A Simple Guide for Owners</i> • Steiner M. (2020). <i>Bitcoins verwahren und vererben: Ein praktischer Ratgeber</i> <p>Blog:</p> <ul style="list-style-type: none"> • https://www.zeit.de/arbeit/2021-01/softwareentwickler-silicon-valley-usa-start-up-gehalt • https://t.co/5GQedavk2S?amp=1 • https://cointelegraph.com/news/anthony-pompliano-discloses-his-investment-strategy-in-times-of-crisis • https://www.investopedia.com/best-crypto-exchanges-5071855 	<p>Buch:</p> <ul style="list-style-type: none"> • Hofmeister J. (2020). <i>Bitcoin verstehen - Bitcoin für Einsteiger</i> <p>Video:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=k1iJaID1qi • https://www.youtube.com/watch?v=LqmIuEaeWlQ <p>Podcast:</p> <ul style="list-style-type: none"> • https://open.spotify.com/episode/7nfSt2Z5IqWyZmQk9ihrMq • https://open.spotify.com/episode/4u8kAulgwrIhHDijwIxEae

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F10	Passives Einkommen – Innovative Ansätze	Session 7	<p>Buch:</p> <ul style="list-style-type: none"> • Jung (2019). Passives Einkommen • Vester (2019) Passives Einkommen durch Immobilien • Brehm (2017). Bestseller Book Launch: A Proven 3-Step System For Launching A Bestseller on Amazon That Defies The Advice Of The Gurus • Allen (1998). Multiple Streams of Income • Hill R. (2020). Passive Income For Beginners: The Complete Guide to Create Wealth, Following the Best Strategies to Build Multiple Streams of Income and Achieve Financial Freedom as a Successful Entrepreneur • Amhoff, F. (2018). <i>Buckeln bis zum Rentenalter?: Wie du Geld sparst, klug investierst und passives Einkommen erzeugst, um mehr Lebenszeit zu gewinnen - Leitfaden zur finanziellen Unabhängigkeit für die Generation Y.</i> Independently published. • Faber, F. (2019). <i>Passives Einkommen: Passives Einkommen und finanzielle Freiheit mit Immobilien, Aktien, ETFs und Online-Business-Modellen.</i> Independently published. <p>Video:</p> <ul style="list-style-type: none"> • Madame Moneypenny - Moneytalk: Passives Einkommen https://www.youtube.com/watch?v=ojz01dbiSKs • Ali Abdaal - How To Make Money Online - The 3 Levels https://www.youtube.com/watch?v=TH0nNn6SmXw <p>Blog:</p> <ul style="list-style-type: none"> • Andrew Fiebert - Passive Income Ideas: 35 Strategies to Boost Your Income This Year https://www.listenmoneymatters.com/passive-income-ideas/ • https://thecollegeinvestor.com/16399/20-passive-income-ideas/ • https://www.forbes.com/sites/jrose/2019/02/07/passive-income-ideas-2019/ • https://themillennialmoneywoman.com/passive-income-ideas/ • Pat Flynn - Smart Passive Income https://www.smartpassiveincome.com/ • https://influencermarketinghub.com/creator-economy-stats <p>Tool</p> <ul style="list-style-type: none"> • https://www.smartpassiveincome.com/ 	<p>Buch:</p> <ul style="list-style-type: none"> • Jännert, M. H. (2019) <i>Geldanlage und langfristiger Vermögensaufbau: Lassen Sie Ihr Geld für sich arbeiten: Alles was Sie zum Thema Börse, Aktien, ETFs und Immobilien wissen müssen!</i>. Cherry Media GmbH. • Helbig, J. (2017). <i>Einmal Dividende bitte Wie Du mit einer cleveren.</i> KLHE finance. <p>Blog:</p> <ul style="list-style-type: none"> • https://www.goodfinancialcents.com/passive-income-ideas/ • https://www.entrepreneur.com/slideshow/299914 • https://www.financialsamurai.com/ranking-the-best-passive-income-investments/ • Camille Gaines - How Much Money Do You Need to Live Off Investments? [Videos+PDF] https://retirecertain.com/how-much-money-do-you-need-to-live-off-investments/ • https://www.capitalism.com/how-to-invest-for-cash-flow/ • https://medium.com/better-advice/20-things-most-people-learn-too-late-in-life-23674cdb75c?source=email-b2c8968355fa-1604797357709-digest.reader-----0-71-----8674bda2_b5f3_494e_9bd9_eb20e5a17e94-27-eb067b64_45af_4f63_9a2c_93ad9f41b7ae-- • https://threadreaderapp.com/thread/1360363822574428160.html