Experiential Exercises in Organization Theory & Design

Baker and Paulson present a collection of approximately thirty experiential exercises that are designed to help illustrate and internalize key concepts in organization theory. The exercises vary in length and complexity; some may serve as class ‘warm-ups’ while others could occupy an entire course period. Activities vary in range from personal inventories to actual creative production, activities and simulations. The exercises are all based on real-world situations and are adapted from a wide array of sources to ensure a variety of activities that will engage students regardless of their background.

Atomic Habits

James Clear 2018-10-16 The #1 New York Times bestseller. Over 2 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world’s leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you’re having trouble changing your habits, the problem isn’t you. The problem is your system. You do not rise to the level of your goals. You fall to the level of your systems. Here, you’ll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create a practical, easy-to-follow guide for making good habits automatic and bad habits impossible. Along the way, readers will be inspired and motivated by true stories from Olympic gold medalists, master performers, and leading doctors and researchers. Whether you’re a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wants to quit smoking, lose weight, reduce stress, or achieve any other goal, Atomic Habits will guide you through complex topics and give you the tools and strategies you need to transform your habits.