# BEYOND THE POINTHE AND THE AND THE

Realizing
SUCCESS
and true
HAPPINESS

KRISHNA PENDYALA
with Mike Vargo

Foreword by Marc Allen

# Beyond The Pig And The Ape Realizing Success And True Happiness

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#### **Beyond The Pig And The Ape Realizing Success And True Happiness:**

Beyond the Pig and the Ape Krishna Pendyala, 2011-05-28 Praise for Beyond the PIG and the APE by Krishna Pendyala If you don t think you can find profound joy and inner peace in your life you might change your mind when you read this book Marc Allen Co founder New World Library Author Visionary Business Publisher The Power of Now This book is extraordinary It s so important to ground our own minds before we can build those critical relationships with others I have studied such practices for many years in service of business success and Krishna's book illustrates the principles of settling the mind more simply and clearly than anything I have found Keith Ferrazzi Author Never Eat Alone Founder RelationshipMastersAcademy com Do yourself a favor and read Beyond the PIG and the APE The book shows how we get trapped in unfulfilling behaviors then lays out a clear path to personal happiness and joy Shannon Waller Co author Unique Ability Creating The Life You Want Strategic Coach In my own life formerly as a business CEO and now as a teacher of management I have found that inner personal growth and effective decision making go hand in hand Krishna's book is a guide to both John Rehfeld Author Alchemy of a Leader Executive MBA Faculty Pepperdine and University of San Diego We are told that happiness and the path to a better life can be found by looking within ourselves but here s the problem Since the secret is not likely to be lying in a box marked happiness what exactly should we be looking for Beyond the PIG and the APE is meant as a simple practical guide to the inner search The book starts by advising us what to look out for the inner creatures that often lead us astray The PIG of the title is the ever present drive to Pursue Instant Gratification while the APE is the drive to Avoid Painful Experiences These inner animals aren t always bad in fact they are basic survival instincts that evolved to help us feed and protect ourselves But in modern life our primitive drives can get us in trouble especially when the PIG and APE team up to feed and protect the Ego a delusional mind made identity that isn t who we really are Then we are sabotaged by blind animal instincts in the service of pretense The book uses real life examples to show how the PIG APE and Ego can keep us trapped in a maze of unhealthy habits inner turmoil and conflict with the people in our lives And the way out of the maze Don t even try to control your inner creatures says the author All it takes is awareness Simply by growing aware of how the inner mischief distorts us and limits us we begin to grow free of it Better yet this larger awareness can open up a world of possibilities that had long been obscured We begin to live in harmony with life instead of struggling to mind manage everything After a pivotal chapter on Becoming Aware the book has four practical chapters devoted to Learning to recognize what s driving you in any situation Making wiser decisions Becoming more creative And finding joy and peace amid the demands of a busy life The Story Bank at the end of the book reinforces the main themes These 21 true stories illustrate how the PIG APE and Ego can defeat us and how we can move beyond them in the various Life Spaces we each inhabit the spheres of life that involve Your Self Your Partner Your Friends Your Work Your Money and Your Children Throughout the book you get the same simple framework for inner awareness viewed from many different angles It s a journey filled with laughs and surprises But above

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web skala kontrol diri dalam penelitian ini diukur menggunakan instrument skala kontrol diri milik averill yang diadaptasi dan diterjemahkan ke dalam bahasa indonesia oleh alvi 2018 yang memiliki nilai validitas bekisar antara 0 264 sampai 0 875 dengan nilai reliabilitas berkisar 0 750 berikut aspek aspek kontrol diri kontrol perilaku behavioral

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web jun 10 2018 kontrol diri merupakan suatu kecakapan individu dalam kepekaan membaca situasi diri dan lingkungannya kontrol diri dapat diartikan sebagai suatu aktivitas pengendalian tingkah laku kontrol diri berkaitan dengan bagaimana individu mengendalikan emosi serta dorongan dorongan dari dalam dirinya

#### bab ii tinjauan pustaka 2 1 kontrol diri 2 1 1 pengertian kontrol diri - Oct 05 2022

web 2 1 kontrol diri 2 1 1 pengertian kontrol diri kontrol diri diartikan sebagai kemampuan untuk menyusun membimbing mengatur dan mengarahkan bentuk perilaku yang dapat membawa ke arah konsekuensi positif selain itu juga

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web 1 skala kontrol diri skala yang mengungkap kontrol diri memiliki tiga aspek menurut averill dalam ghufron dan risnawita 2016 yaitu kontrol perilaku kontrol kognitif dan mengontrol keputusan a kontrol perilaku behavior control 1 kemampuan individu untuk menentukan siapa yang mengendalikan situasi atau keadaan 2

5 sikap ini menunjukkan bahwa kamu punya kontrol diri yang baik - Jun 01 2022

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web 2 skala kontrol diri skala kontrol diri digunakan untuk mengungkapkan seberapa besar tingkat perilaku kontrol diri yang dimiliki mahasiswa skala ini berdasarkan aspek yang dikemukan oleh ghuffon dan risnawita 2011 yaitu kontrol perilaku kontrol kognitif dan mengontrol keputusan skala kontrol diri sebelum

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web aug 25 2018 averill menyebut kontrol diri kontrol personal yaitu kontrol perilaku behavior control kontrol kognitif cognitive control dan mengntrol keputusan decisional control 1 behavior control merupakan kesiapan atau tersedianya suatu respon yang dapat secara langsung mempengaruhi atau memodifikasi suatu keadaan yang tidak

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web a kontrol diri 1 pengertian kontrol diri kontrol diri merupakan suatu kecakapan individu dalam kepekaan membaca situasi diri dan lingkungannya serta kemampuan untuk mengontrol dan mengelola faktor faktor perilaku sesuai dengan situasi dan kondisi untuk menampilkan diri dalam melakukan sosialisasi

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web jelasnya bahwa penelitian deskriptif disini digunakan untuk menjelaskan hubungan antara kontrol diri dan perilaku delinquency remaja pada siswa smp bhakti turen malang sedangkan penelitian korelasionalnya digunakan untuk mengetahui ada atau tidaknya hubungan antara kontrol diri dan perilaku delinquency remaja pada siswa smp