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want to know how to get power in your personal and professional life here are my top 8 strategies to launch your power out of this world power is an important social lens through which we interact with others and society the powerful have more influence on others and greater access to valuable resources such as food education key points powerful individuals have access to resources and privileges that ordinary people don t power can alter self perception leading to feelings of power is the ability to exert one s will and resist the influence of other people in their review of the research on power rachel sturm and john antonakis found that when in this modern classic gary a klein proposes a naturalistic approach to decision making which views people as gaining experience that then enables them to use a combination of intuition and analysis to make decisions what is power why do people seek it and how do they get it is it human nature to abuse power and how might power or powerlessness affect our health and wellbeing sociocognitive research has demonstrated that power affects how people feel think and act in this article i review literature from social psychology neuroscience management and animal research and propose an integrated framework of power as an intensifier of goal related approach motivation a growing literature shows that power she distinguishes two types of power social power which lets you influence others to do things they wouldn t otherwise do and personal power which allows you to control your own outcomes independent of others true power requires modesty and empathy not force and coercion argues dacher keltner but what people want from leaders social intelligence is what is damaged by the experience of power power the asymmetric control of valued resources affects most human interactions although power is challenging to study with real world data a distinctive dataset allowed us to do so within the critical context of doctor patient relationships neuroscientists have found evidence to suggest feeling powerful dampens a part of our brain that helps with empathy even the smallest dose of power can change a person you ve probably seen power comes from a kind of humble language there are actually new studies showing if you are humble and respectful people respect you more so that s the rise to power here s the problem power reduces awareness of constraints and causes people act more quickly powerful people also tend to think more abstractly favoring the bigger picture over smaller power is the ability to influence other people s behavior but where does this ability come from as we explain in our new book when we distill power down to its fundamentals we see that power comes from control over access to valued resources real power is clarity and it gets stronger with discipline having power is more about creating an environment that encourages every individual to engage in their own form of self discipline people power can take many forms depending on what kind of change you re looking to achieve and who has the power to make that change happen whether it s a government company community or individual below is a list of people powered tactics that we hope will help you define your strategy and generate ideas the people power revolution also known as the edsa revolution or the february revolution was a series of popular demonstrations in the philippines mostly in metro manila from february 22 to 25 1986 there was a sustained campaign of civil resistance against regime violence and electoral fraud people power allows individuals to take control over their lives by acting together with many other individuals it gives strength to groups of people to challenge oppression it is also known as popular power or power of the people in political science power is the social production of an effect that determines the capacities actions beliefs or conduct of actors 1 power does not exclusively refer to the threat or use of force coercion by one actor against another but may also be exerted through diffuse means such as institutions the 10 sources of power in a classic 1959 study two social psychologists named john french and bertram raven originally identified five different sources of power legitimate reward

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