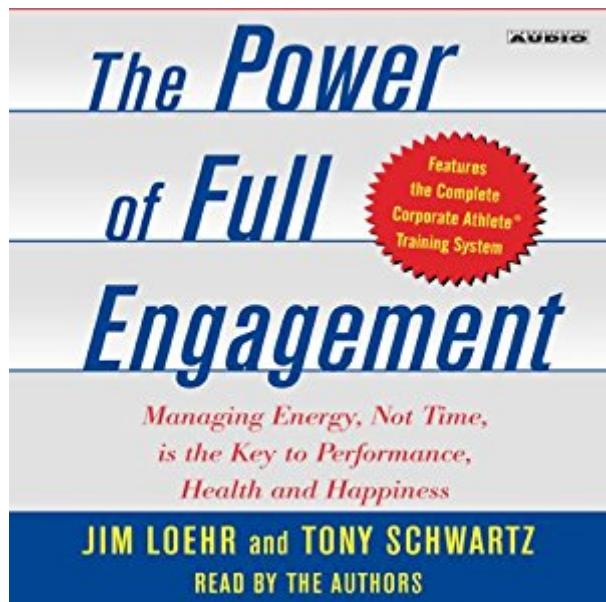


The book was found

The Power Of Full Engagement: Managing Energy, Not Time, Is The Key To Performance And Personal Renewal



Synopsis

We live in digital time. Our pace is rushed, rapid-fire, and relentless. Facing crushing workloads, we try to cram as much as possible into every day. We're wired up, but we're melting down. Time management is no longer a viable solution. As bestselling authors Jim Loehr and Tony Schwartz demonstrate in this groundbreaking book, managing energy, not time, is the key to enduring high performance as well as to health, happiness, and life balance. The number of hours in a day is fixed, but the quantity and quality of energy available to us is not. This fundamental insight has the power to revolutionize the way you live your life. The Power of Full Engagement is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job. At the heart of the program is the Corporate Athlete® Training System. It is grounded in twenty-five years of work with some of the world's greatest athletes to help them perform more effectively under brutal competitive pressures. Clients have included Jim Courier, Monica Seles, and Arantxa Sanchez-Vicario in tennis; Mark O'Meara and Ernie Els in golf; Eric Lindros and Mike Richter in hockey; Nick Anderson and Grant Hill in basketball; and gold medalist Dan Jansen in speed skating. During the past decade, dozens of Fortune 500 companies have paid thousands of dollars to learn the Corporate Athlete training system. So have FBI swat teams, critical care physicians and nurses, salesmen, and stay-at-home moms. The Power of Full Engagement lays out the key training principles and provides a powerful, step-by-step program that will help you to: • Mobilize four key sources of energy • Balance energy expenditure with intermittent energy renewal • Expand capacity in the same systematic way that elite athletes do • Create highly specific, positive energy management rituals Above all, this book provides a life-changing road map to becoming more fully engaged on and off the job, meaning physically energized, emotionally connected, mentally focused, and spiritually aligned.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 11 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: March 28, 2003

Language: English

ASIN: B000092PU5

Best Sellers Rank: #95 in Books > Self-Help > Stress Management #111 in Books > Audible Audiobooks > Business & Investing > Leadership & Management #238 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Loehr and Schwartz have individually worked most of their careers on researching how humans achieve peak performance, and have together written a summary of what they've discovered to date. What impressed me about this book is that it's 1) based on actual research rather than theory, and 2) written in a manner that is very easy to understand and implement. Loehr's work in the past centered around seeking the source of human capacity - what makes it possible for some people to perform at the highest levels even under extraordinary pressure. He's noteworthy for having started an institute that has worked over the years with many top athletes including Pete Sampras, Dan Jansen, Mark O'Meara, and Ray "Boom Boom" Mancini among others. Schwartz's background has involved understanding the nature of wisdom - what constitutes a satisfying, productive and well-lived life. Together they've developed a model for peak living that combines the physical, emotional, mental and spiritual. They state that which is obvious but not followed well by most of us Americans - that without physical energy and health it's impossible to follow the rest of our dreams and ambitions in life. In the physical realm their analysis specifically of top athletes shows that peak performance involves both a willingness to push the body to the limit, and also hugely importantly regular periods of rest and recovery. They apply this to the "corporate athlete" who is their target audience for the book with the following advice - seek out stressful situations that push your range of psychological muscles - AND find time regularly for recovery. They have specific recommendations for incorporating rest and recovery throughout every day.

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