



Executive Stamina: How to Optimize Time, Energy, and Productivity to Achieve Peak Performance

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Wiley, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction. Part 1. WORK/LIFE ALIGNMENT- Core Values, Commitments, Current Priorities and Long Term Goals. Chapter 1. What is most important to you? Chapter 2. Is your schedule aligned with your priorities? Chapter 3. The MINIMUMS and the SHIFTS/DRIFTS Systems. Chapter Summary. Chapter 4. Finding Your Career "Sweet Spot". Chapter Summary. Part 2. Building Your Stamina. Chapter 5. The Impact of Stress. Executive Profile: Sam Su, President, YUM! Brands, China. Chapter 6. Increasing Your Fitness. Executive Profile: Eric Foss, CEO, Pepsi Bottling Group (PBG). Executive Profile: Daniel Naor, Senior Vice President, Frito-Lay. Chapter 7. Progressive Workout Plans. Chapter 8. Nutrition. Executive Profile: Tamar Elkeles, Chief Learning Officer, Qualcomm. Chapter 9. Stress Management: Your Individual Plan. Executive Profile: Melanie Macdonald, President and CEO, World Neighbors. Chapter Summary: Your Stress Management Plan. Chapter 10. Yoga at the Office. Part 3. Optimizing Job Performance and Results. Chapter 11. Identifying High Payoff Activities: What is the Best Use of Your Time. Executive Profile, B. Ramalinga Raju, Chairman and CEO, Satyam Computer Services, Hyderabad, India. Chapter 12. Taking Control of Your Calendar. Chapter Summary. Part 4. Career Management: Reaching Your...

Reviews

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-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**