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Thriving in a 24-7 World: An Energizing Tale about Growing Through Pressure (Hardback)

By Peter Jensen Phd with Michelle Kaeser

iUniverse, United States, 2015. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. We live in a world where the demands we face as professionals, parents and students has grown exponentially, yet the amount of hours in a day has stayed constant. Many people turn to time-management strategies to keep up with the growing to-do list. But time is finite, and it s outside of our control. Energy management, on the other hand, is within our control. It s about striking a balance between moments of high performance and periods of renewal. Getting enough rest and recovery, leveraging our stressors and enjoying the presence of our loved ones are positive actions connected to energy management. In Thriving in a 24-7 World, author and high performance expert Peter Jensen shows you how to manage your energy to not only perform better but also live a healthier and happier life. Jensen tells the fictional story of sixty-eight-year-old sports psychologist Ken Coghill and how he introduces the world of energy management to an elite basketball team, high performers at an IT firm and callers to his weekly radio show. Thriving in a 24-7...



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