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Titolo	The energy equation : how to be a top performer without burning yourself out // Daniel Browne
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ISBN	0-273-78147-2
Edizione	[1st edition]
Descrizione fisica	1 online resource (1 v.) : ill
Disciplina	650.1
Soggetti	Vitality Time management Performance Job stress Burn out (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	The energy cycle -- The energy equation : E is for energy -- Into the resistance : letting go of stress -- Super sleep -- Releasing the brakes : using the power of thought -- Ten steps to creating a great day -- Getting deeper -- The power of perspective -- Let's get practical : systems and structures -- The element of time -- A whole new world -- Final words.
Sommario/riassunto	Energy is the fuel that drives you. The Energy Equation explains how we all have the potential to get 15-19 hours of fully-energised waking hours from our day, and shows us just how to achieve it. It determines the speed at which you get things done, the results you achieve, your ability to maintain peak performance and how successful you are. Drawing on both the latest scientific research and ancient wisdom, The Energy Equation delivers a set of powerful techniques you can put to work to maximise that vital fuel. This book holds the key to greater vitality, heightened performance and powerful achievement . It shows you how to achieve a life with more energy, less stress, massively improved productivity and lots more time for you.