

# The Power of Full Engagement



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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.

作者介绍:

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