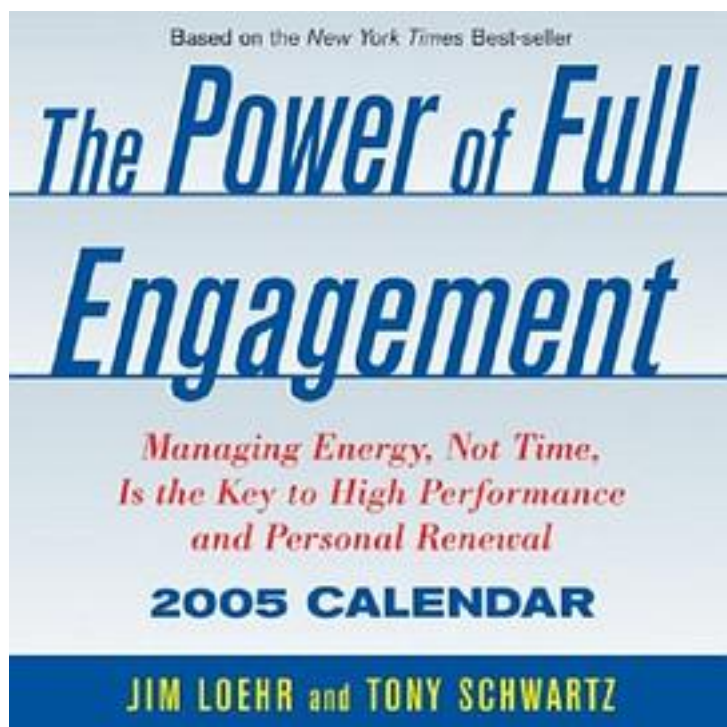


# Power of Full Engagement



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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. 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. 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 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 The Power of Full Engagement provides a life-changing roadmap to becoming more fully engaged on and off the job.

作者介绍:

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标签

英文原版

精力管理

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personal

通俗读物

适用终生的方法

精力和时间管理

评论

网上各种中文和英文电子版资源，字数不多，通俗易懂。

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3.5星；新东西不多，就是知道自己最深处的目标，固定的时间做计划好的事情。最重要的是，读完后我又开始认真对待锻炼了。

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童牧老哥

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<https://youtu.be/QRjqGWLLgUY>

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我觉得他们说得好，不过我会这样做呢？不一定

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书评

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