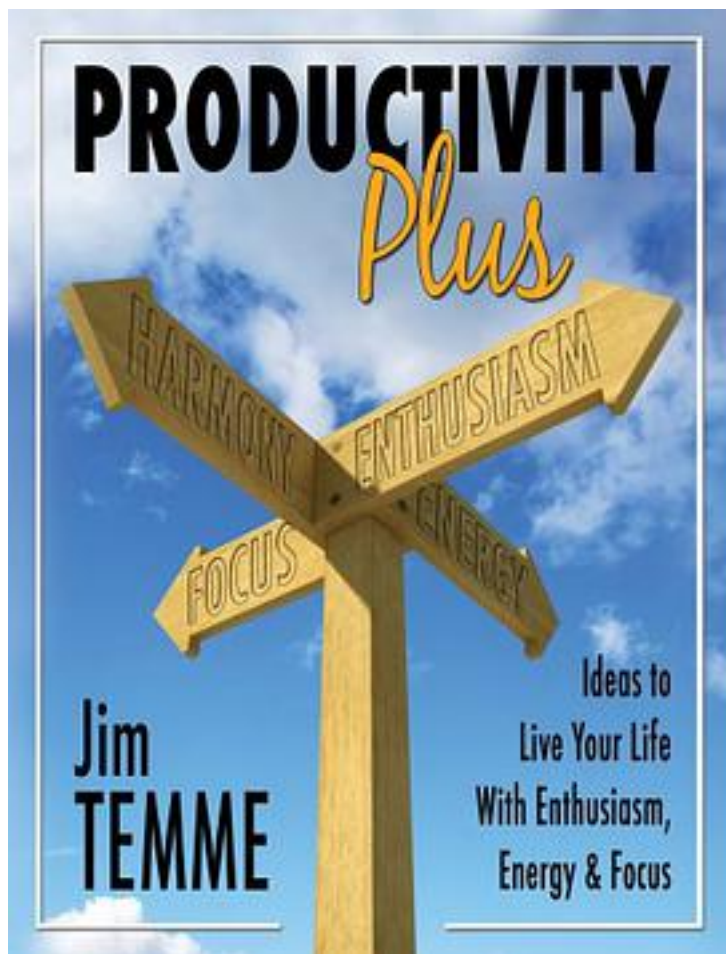


Productivity Plus



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著者:Temme, Jim

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Written by a consultant with a client list of corporate giants, Productivity Plus is a no-nonsense lifestyle guide that makes the secrets to corporate success and self-actualization affordable and accessible to everyone. It addresses time

management, stress, personal and professional responsibility, improving family life, finances, healthy lifestyle, self-esteem, humor, controlling anger and worry. Key behaviors are identified to help goal seekers break self-limiting behaviors and form healthier, productive habits. Each chapter is packed with exercises and ideas to live life with enthusiasm, energy and focus. Following Productivity Plus is akin to being shadowed by a life coach that keeps readers on track with personal and professional goals.

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