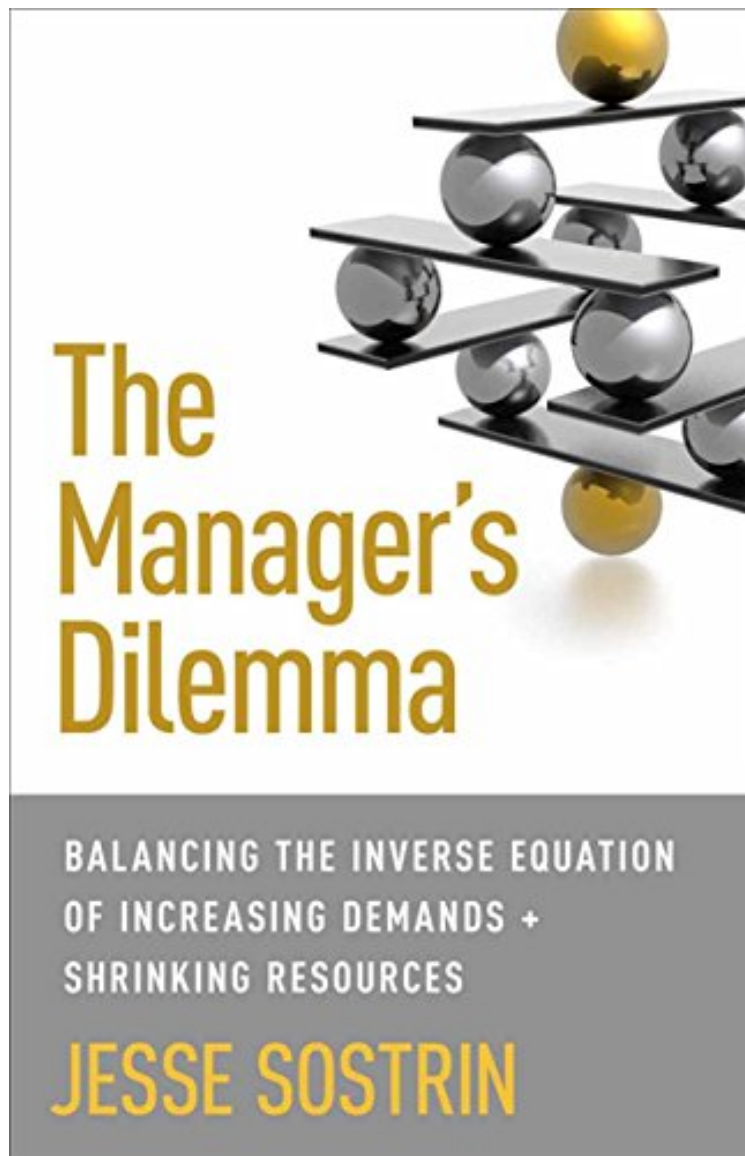


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## The Manager's Dilemma: Balancing the Inverse Equation of Increasing Demands and Shrinking Resources

*J. Sostrin*

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**J. Sostrin : The Manager's Dilemma: Balancing the Inverse Equation of Increasing Demands and Shrinking Resources** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Manager's Dilemma: Balancing the Inverse Equation of Increasing Demands and Shrinking Resources:

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tackles the dilemma of nearly every manager — i.e. "There is never enough time, energy, resources, or focus to meet the increasing demands they face." He does not do so with a list of time management techniques. Rather he introduces 8 practices that "reveal the dilemma's core challenge and show you how to move beyond them." — follow the contradiction—determine your line of sight to focus on the right priorities—distinguish your contribution to make a deeper impact—plug the leaks to restore your capacity—create the conditions to achieve more value—find the pocket of influence to use minimal impact for maximum value—convert your challenges to fuel—make your goals their priorities Does it work? Give it a read and try it for yourself! Follow Sostrin's step-by-step guide for eradicating the dilemma. — Nick McCormick, Author, "Lead Well and Prosper"

This groundbreaking book provides a framework and set of key concepts enabling leaders to exert their influence over the difficult choices and competing priorities they confront. Compelling stories and vivid case studies help to deliver a serious game plan to any leader who is grappling with burnout caused by the manager's dilemma.

'The Manager's Dilemma artfully details the challenges that leaders truly face each day as we strive to propel our organizations forward while working to balance an array of conflicting priorities. Jesse Sostrin prescribes real, practical solutions that actually work and will transform the way you lead. Managers at all levels need to take the time to absorb his insights and implement his solutions they will catalyze positive personal and professional development beyond your expectations.' Drew Beynon, Chief Operating Officer of Tarkett Sports - Track Division As 'do more with less' has become Corporate America's mantra, The Manager's Dilemma reveals how managers at all levels can maximize their contributions while minimizing stress. At once wise and practical, Sostrin offers an experienced perspective, actionable strategies, and tools that will empower managers to achieve balance. This book is a must-read for managers who are ready to shift their experience at work from 'overwhelmed' to 'exhilarated.' Jessica Rohman, Great Place to Workreg; Institute About the Author Jesse Sostrin is the Founder and President of Sostrin Consulting, a leadership and organization development firm that maintains a diverse portfolio of clients and partners, including the University of Arizona, InfoGard Laboratories, Hyatt, and more. Sostrin is also an experienced academic, delivering lectures at the California Polytechnic State University, USA, The University of Arizona, USA, and the University of California at Davis, USA, among others. He has a PhD in Human and Organizational Systems, and an MA in Organization Management Development. He is the author of Beyond the Job Description.