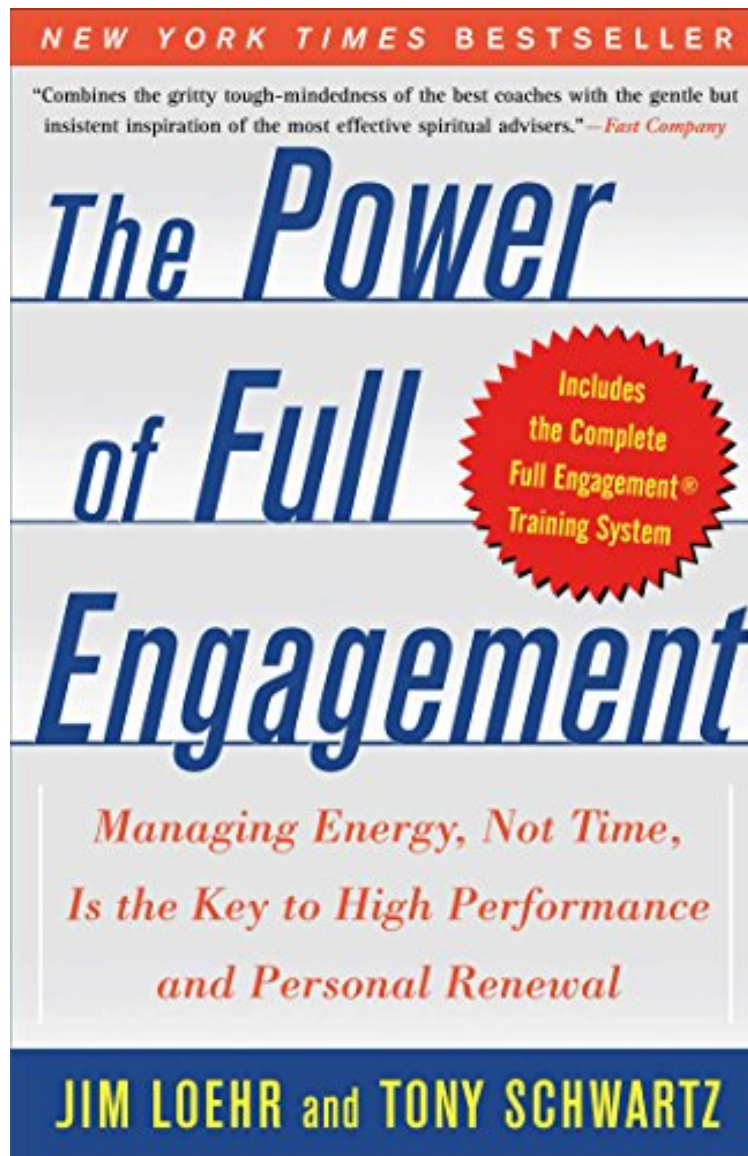


[Free] The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal

# The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal

*Jim Loehr, Tony Schwartz*

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**Jim Loehr, Tony Schwartz : The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Power of Full Engagement: Managing Energy, Not Time, is the Key to High Performance and Personal Renewal:

1 of 1 people found the following review helpful. We got it all wrong! It is all about energy management, not time! By Sleeplessinseattle206 Short and sweet. I was getting into time management materials and came across this book. This will change your perspective on how you spend your time, energy and life. Rather than trying to manage time, it focuses on managing your energy level to maximize each day. I do have some flexibility with my work schedule so it was easier to adopt some of their ideas. It helped me to review how I spent my time, my hobbies and interests and to identify the important things in my life. Then I was able to make it all work by focusing on my energy level rather than what time I should be doing them. 4 of 4 people found the following review helpful. The hardest things in life are often the easiest to fix. By Michael T. Rognlien How many times have you lost sleep stressing over something beyond your control? How many times has someone looked at you and told you you looked like you needed a vacation? I was fortunate enough to see this book and its author on Oprah a week ago and immediately purchased the book. I recently started a dedicated fitness and nutrition program (in the past 6 months) and this book was a perfect compliment to it. The key message here is that you cannot "perform" successfully in any aspect of your life if you do not direct positive energy towards it, and you WILL burn out if you don't make time to walk away and relax. On the same hand, if you direct your energy towards negative things (worrying, office gossip, paranoia) those things will "grow" and continue to envelop you and distract you from those things that are positive and desired. I'm recommending that we implement key principles from this book into my company's management development initiatives (go to the author's website linked here on for more details) as I think it's a good supplement to our time management training and helps direct managers and employees towards a balance in their work, their personal lives and the goals and objectives they want to achieve successfully in both areas. 0 of 0 people found the following review helpful. Excellent book about taking time to de-stress. By Sue Allen Clayton This book focuses on managing your energy. It stresses the importance of balancing stress and recovery in all areas of life — physical, emotional and spiritual. While most of us are pretty good at the stress part, we don't build in recovery. The book contains case studies of executives with a variety of issues — too controlling, lost interest in business, health challenges, lack of time with family — and how they used energy management to resolve their problems. The authors offer many great ideas, as well as a compelling case that time spent exercising and recovering is time well spent. I listened to this book on CD, then borrowed the book from the library, and then bought the book as a reference. I would highly recommend it to any entrepreneur or individual who feels they spend too much time working

This groundbreaking New York Times bestseller has helped hundreds of thousands of people at work and at home balance stress and recovery and sustain high performance despite crushing workloads and 24/7 demands on their time. "Combines the gritty toughmindedness of the best coaches with the gentle-but-insistent inspiration of the most effective spiritual advisers" (Fast Company). 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 Power of Full Engagement is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job by laying 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 to make lasting changes

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.

From Publishers Weekly The authors, founders of and executives at LGE Performance Systems, an executive training program based on athletic coaching programs, offer a program aimed at stressed individuals who want to find more purpose in their work and ways to better handle their overburdened relationships. Just as athletes train, play and then recover, people need to recognize their own energy levels. "Balancing stress and recovery is critical not just in competitive sports, but also in managing energy in all facets of our lives. Emotional depth and resilience depend on active engagement with others and with our own feelings." Case studies demonstrate how some modest changes can have an immediate impact. Loehr (Mental Toughness Training for Sports) and Schwartz (Art of the Deal, writing with Donald Trump) also include a chart highlighting Action Steps, Targeted Muscle, Desired Outcome and Performance Barrier and apply these tenets to individual cases. A chart analyzing the benefits and costs to taking certain action shows the impact negative behavior can have on both physical and mental well-being. However, the actual "training program" whereby readers can learn how to institute certain rituals to change their behavior is less well-defined. Managers and other employees who have attended HR seminars may find this plan easy to use, but self-employed people and others less familiar with "training" may be unable to recognize their behavior patterns and change them. Copyright 2002 Reed Business Information, Inc. From Booklist For 25 years, Loehr and Schwartz have conducted intensive training with professional athletes to help them perform at peak levels under intense competitive pressures.

They are not involved in the physical training process, however. Their intervention focuses on effective management of our most precious resource, our energy. They have found to their surprise that the performance demands most people face in their everyday work environments are often tougher than those professional athletes face. Because athletes train constantly, they are more prepared, whereas most people are in the work game 8 to 12 hours a day with little or no training at all. Most of us are constantly trying to manage time; here, the authors have instead set out a prescription for managing energy on every level: physical, emotional, mental, and spiritual. You are likely to find some of yourself in one of the many case studies they provide to illustrate their techniques. Some of what they say is reminiscent of Tony Robbins' self-help material, but without all the hype it's easier to digest. David Siegfried

Copyright copy; American Library Association. All rights reserved Fast Company Combines the gritty tough-mindedness of the best coaches with the gentle but insistent inspiration of the most effective spiritual advisers. Stephen R. Covey, author of *The 7 Habits of Highly Effective People* A remarkable application of the athletic metaphor to high-performing people and organizations.