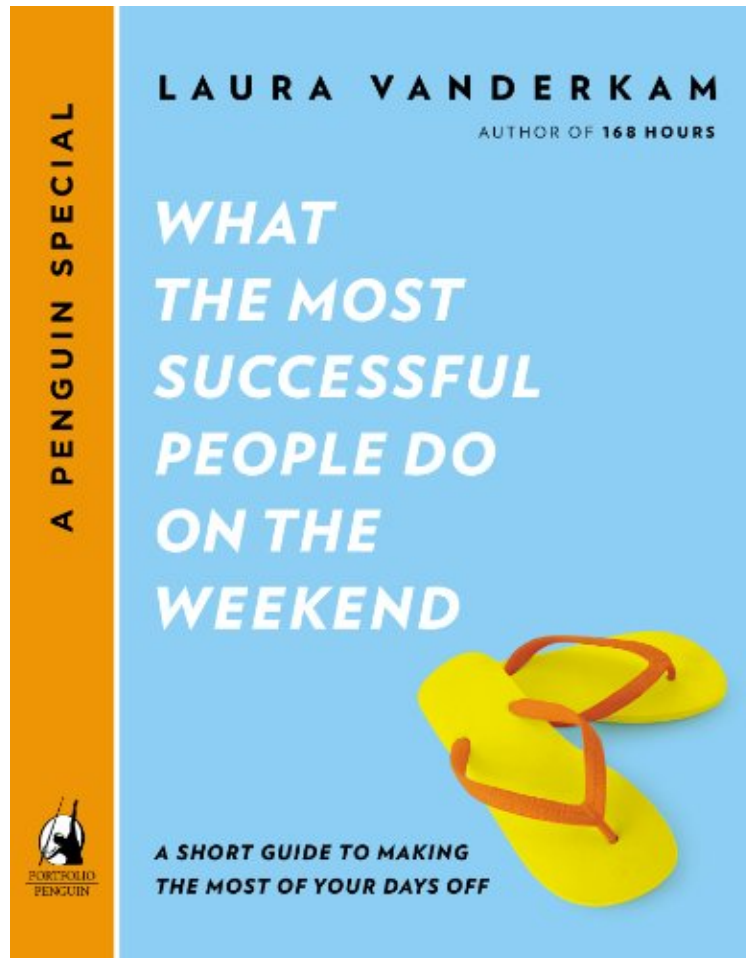


[E-BOOK] What the Most Successful People Do on the Weekend: A Short Guide to Making the Most of Your Days Off (A Penguin Special from Portfo lio)

What the Most Successful People Do on the Weekend: A Short Guide to Making the Most of Your Days Off (A Penguin Special from Portfo lio)

Laura Vanderkam

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Laura Vanderkam : What the Most Successful People Do on the Weekend: A Short Guide to Making the Most of Your Days Off (A Penguin Special from Portfo lio) before purchasing it in order to gage whether or not it would be worth my time, and all praised What the Most Successful People Do on the Weekend: A Short Guide to Making the Most of Your Days Off (A Penguin Special from Portfo lio):

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wonder where they went, or what you've done with your time, then yes this is the book for you.0 of 0 people found the following review helpful. Really shortBy Miss TeaThis book is really short. I would say it is more like a long magazine article. The information is good enough, but it seems misleading to call this a book. I think an average reader would finish this book in about an hour.3 of 3 people found the following review helpful. Packed with Practical AdviceBy Mrs. DThe test of a good self-help book is whether you can consistently, successfully use the content to improve your life. This book was a winner! It was short (hence the word "short" in the subtitle and the low price), which means you can spend more time putting the advice to use. Many self-help books spend a lot of time selling the author's premise and repeating the same ideas in different ways, but Vanderkam avoids this. She gets to the point, providing research-based evidence, practical steps and anecdotes. I've implemented at least two of the pieces of advice Vanderkam offers on a regular basis and have been more satisfied with the way I spend time on the weekends since.

Many of us breathe a grateful TGIF when Friday rolls around, envisioning a weekend full of both productivity and refreshment. Yet too often our precious weekends seem to disappear, eaten up by unproductive work or leisure that fails to energize us. Monday morning comes too fast, finding us still unrested, with too much still undone. Time management expert Laura Vanderkam, continuing her series on *What the Most Successful People Do*, shows how we can take control of our weekends to get necessary RR, while also using our downtime as a springboard to a productive week. Drawing on real-life anecdotes and scientific research, Vanderkam explains why doing nothing can be more exhausting than doing something and why happy people make weekend plans in advance. She shares weekend tips gleaned from busy people such as politician and talk show host Mike Huckabee, former CEO Frank Baxter, and TV producer Aliza Rosen. She reveals the kind of weekend activities that make people happiest, explains why it's important to unplug at least for a little while, and shares the secret of why Sunday night may be the most important part of any weekend. *What the Most Successful People Do On the Weekend* is a fun, practical guide that will inspire you to rethink your weekends and start your workweek refreshed, renewed, and on track.