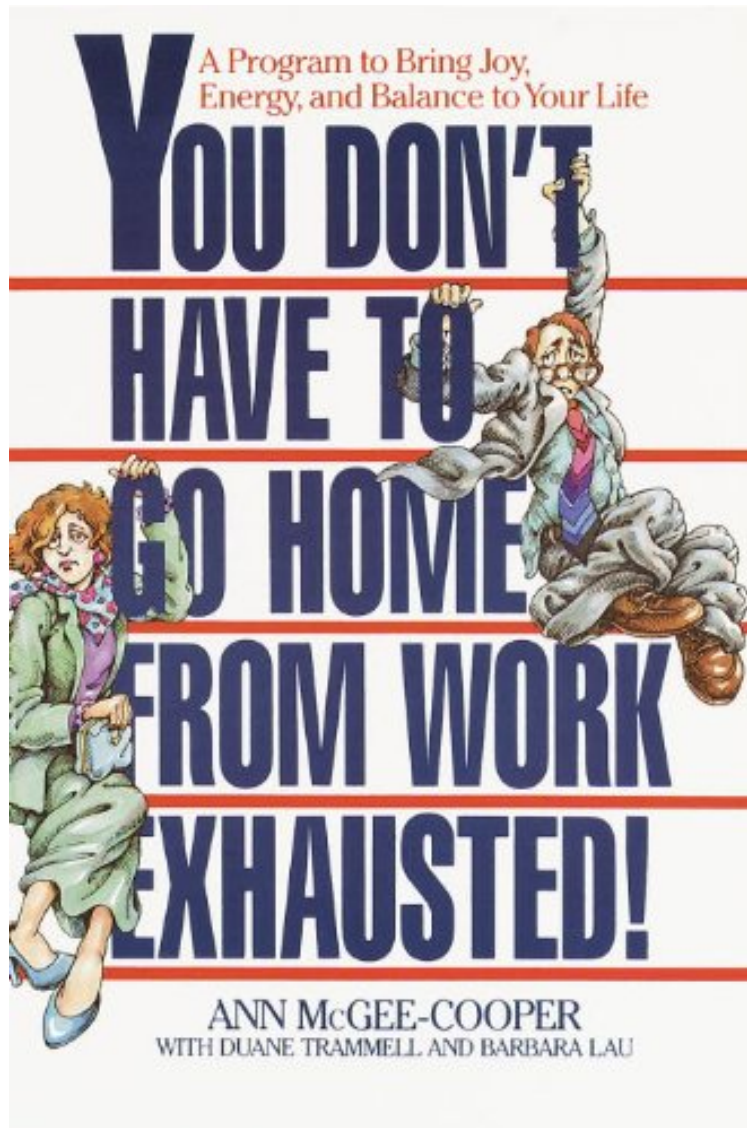


[Mobile pdf] You Don't Have to Go Home from Work Exhausted!: A Program to Bring Joy, Energy, and Balance to Your Life

You Don't Have to Go Home from Work Exhausted!: A Program to Bring Joy, Energy, and Balance to Your Life

Ann McGee-Cooper

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Ann McGee-Cooper : You Don't Have to Go Home from Work Exhausted!: A Program to Bring Joy, Energy, and Balance to Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised You Don't Have to Go Home from Work Exhausted!: A Program to Bring Joy, Energy, and Balance to Your Life:

0 of 0 people found the following review helpful. and good insight and advice never goes out of styleBy CustomerAn

oldie but a goodie... and good insight and advice never goes out of style. One of the only books I've read about designing your entire life so that you achieve maximum energy. It's not just about exercise, diet, and limiting your commitments. It's about energy engineering and how you approach your work and your life. I first read this in the 90s and then went looking for it recently; it still rings true and has helped me tremendously (so many things I had forgotten)! Would highly recommend this as a great book for anyone feeling just a little overwhelmed from the endless small details, the to-do lists, and the "day-liness" of life. Rediscover your passion and your joy!

7 of 7 people found the following review helpful. Life Changer! By Ken D. Thomas This book changed my life when it first came out... I brought my toys to the office and started taking regular juggling breaks. Using some of the strategies in the book, I transformed myself and my team. Now, years later, I've found myself rediscovering the book, and sharing it with my new team -- although I'd incorporated many of the strategies into my work and home life, I'm re-applying some of the forgotten messages and strategies. This book is nothing short of life-changing. I also love the illustrations! The ONLY negative I have about the book is that I think the original larger format was a better package -- that edition had a very fun color road map / chapter listing on the inside covers that added a great deal to the look and feel of the book. (I was happy to find that the content had remained the same.) I recommend this book to team leaders as well as team members. DO THE EXERCISES!

6 of 6 people found the following review helpful. Great book for Students, Employees, Bosses By music lover I first came across this book more than 10 years ago, when as a doctor I was asked to give a lecture on stress management. It was life-changing for me, both at work and in my leisure time, as well-- because it taught me how to play again, and to allow myself to enjoy sports at the same time I was driven to excell. I recommend this book all the time to colleagues, patients and students. And I'm now buying a copy for my teenaged daughter, a competitive athlete who is combatting burnout. These skills should be graduation requirements for every high school student.

Are you tired of being tired? Do you find yourself dragging out of bed each morning and dragging yourself to work? Do you come home at night and collapse in front of the TV? Do you feel as though your job is your life... or your life is a job? Here's your personal power pack! Plug into this action resource and discover how to recharge your batteries at a moment's notice. This practical, one-of-a-kind program is based on fascinating new research - from brain science to stress reduction - and has been tested extensively by the author's leading corporate clients. Open to any page and you'll find a wealth of creative ideas and strategies that can help turn your life around. From the Trade Paperback edition.

"Ann McGee-Cooper shows us that change is possible... [and] the joy and energy that come from living fully are worth the effort."--Bernie S. Siegel, M.D., author of *Love, Medicine and Miracles*"Ann McGee-Cooper shows how a job can be a source of fellowship, zest, pride, fun, and individual expression."--Herb Kelleher, President, CEO, and chairman of the Board, Southwest Airlines Co."This is a charming, delightful book that will entertain as well as give invaluable advice on managing your life."--Tony Buzan, founder of Brain Clubs International and author of *Use Both Sides of Your Brain*"Ann McGee-Cooper explodes the myths that so many of us have lived with. Her ideas on Energy Engineering offer the opportunity of exponential payout."--Leslie G. McCraw, Chairman and CEO, Fluor Corporation

From the Trade Paperback edition. From the Inside Flap Are you tired of being tired? Do you find yourself dragging out of bed each morning and dragging yourself to work? Do you come home at night and collapse in front of the TV? Do you feel as though your job is your life... or your life is a job? Here's your personal power pack! Plug into this action resource and discover how to recharge your batteries at a moment's notice. This practical, one-of-a-kind program is based on fascinating new research - from brain science to stress reduction - and has been tested extensively by the author's leading corporate clients. Open to any page and you'll find a wealth of creative ideas and strategies that can help turn your life around. From the Back Cover

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