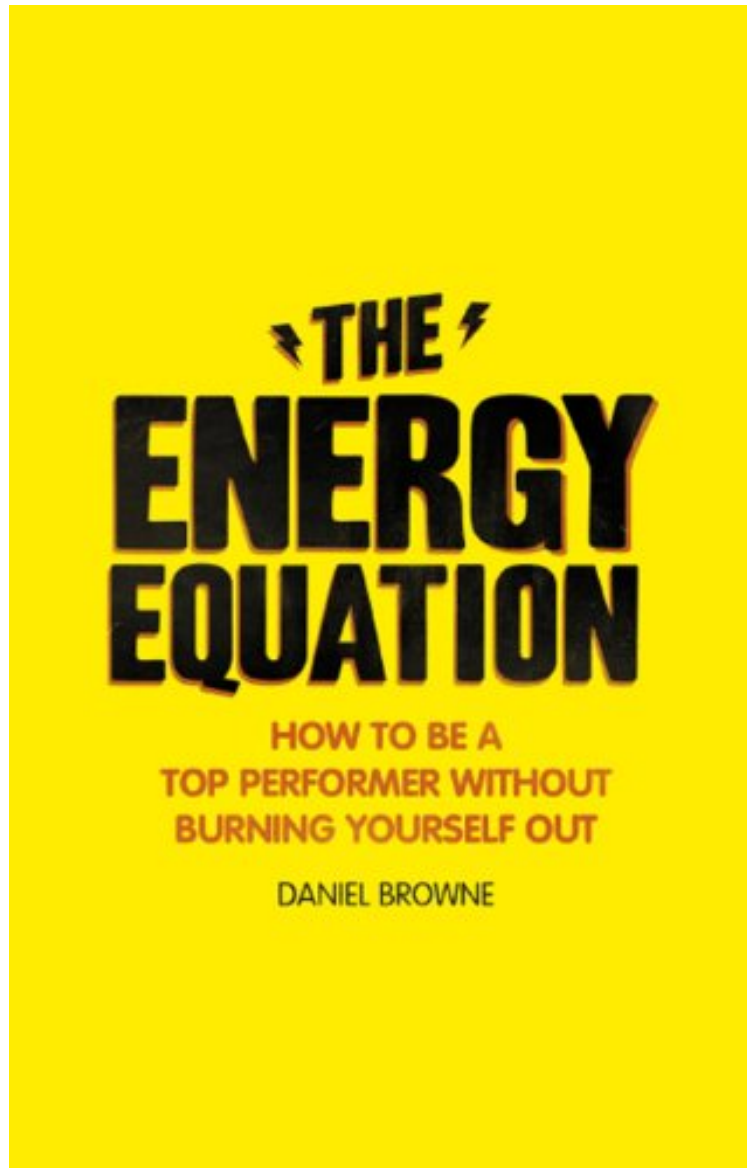


[Mobile book] The Energy Equation: How to be a top performer without burning yourself out

The Energy Equation: How to be a top performer without burning yourself out

Daniel Browne

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Daniel Browne : The Energy Equation: How to be a top performer without burning yourself out before purchasing it in order to gage whether or not it would be worth my time, and all praised The Energy Equation: How to be a top performer without burning yourself out:

0 of 0 people found the following review helpful. Ahhmazing read!By Karanja Gaccedil;uccedil;aSo I am exactly the

type of person this book is written for - I work on Wall St, write amid a whole bunch of other pursuits! I have to somehow figure out how to maximize my energy levels so I can have a life while working what feels like round the clock so of course it made sense to buy this book but I was so swamped I couldn't get to it! Until that is I finally did! If only I had got to it sooner, I would have managed to use the ahhmazingly useful tips in here not only to finish the book itself and would have been amazed so much earlier and written this review eons ago, but also I would have read so much else! I can't thank the author enough for sharing these useful tips for which I'm sure he charges a pretty penny to private clients via an easily accessible medium such as this, availing it to pretty much anyone! I'm sooo psyched after reading this book, and actually quite energized from following the simple exercises. I wanna buy it for all those overwhelmed people around my job especially some whom I watch slouched even when they are walking around all day! This was truly an amazing read. It's so much a book for people like me, it makes sense it would be printed by Pearson the financial publisher of the likes of the Financial Times. OK I got a little carried away but I have to say, the energy equation really is exactly what it says it is - its a book that will teach you how to maximize your energy, reduce your stress levels, AND not only perform better at work, but find time to live your life in a more fulfilled and productive way! Isn't that what it should all be about?!

0 of 0 people found the following review helpful. Great practical handbook
By Jonathan Huggett
An upbeat manual for people who enjoy getting the most out of work and life. This book is full of useful tips and insights for those who thrive on high energy.
1 of 1 people found the following review helpful. What a simple but powerful book. The author clearly ...
By Kevin Waldron
What a simple but powerful book. The author clearly knows his stuff and while this was a quick read, the impact has been powerful for me. Altering my sleep habits has me more energized to get more done in the day. I'm now shooting for a regular bed time most nights and no electronics before I nod off to dreamland. I notice I'm more effective and given I have to be "on" all day with clients, I feel this book has allowed me to deliver more value in the work I do.

Energy is the fuel that drives you.
The Energy Equation explains how we all have the potential to get 15-19 hours of fully-energised waking hours from our day, and shows us just how to achieve it.
It determines the speed at which you get things done, the results you achieve, your ability to maintain peak performance and how successful you are.
Drawing on both the latest scientific research and ancient wisdom, The Energy Equation delivers a set of powerful techniques you can put to work to maximise that vital fuel.

This book holds the key to greater vitality, heightened performance and powerful achievement. It shows you how to achieve a life with more energy, less stress, massively improved productivity and lots more time for you.

From the Back Cover
ENERGY IS THE FUEL THAT DRIVES YOU
It determines the speed at which you get things done, the results you achieve, your ability to maintain peak performance and how successful you are.
Drawing on both the latest scientific research and ancient wisdom, The Energy Equation delivers a set of powerful techniques that will maximise this vital fuel, supercharge your energy levels and help you to:
Achieve
much more
at work and
in life
Make full use of
your free time
Be
consistently productive - all day long!
Get more done, more efficiently and
with less stress
The Energy Equation holds the key to greater vitality, heightened performance and powerful achievement
in every part
of your life.
About the Author
Daniel Browne is a consultant, trainer and life coach who has experienced the culture of of long working hours and the resulting impact on his family and social life. This book was born out of necessity and the need to understand how it is possible to increase productivity, energy and general wellbeing whilst still recognising that the demands of working life were unlikely to change. Daniel has studied productivity, meditation, yoga, energy healing and NLP to create a truly unique, life changing experience for those people looking to boost their efficiency and get more from their day without burning themselves out.