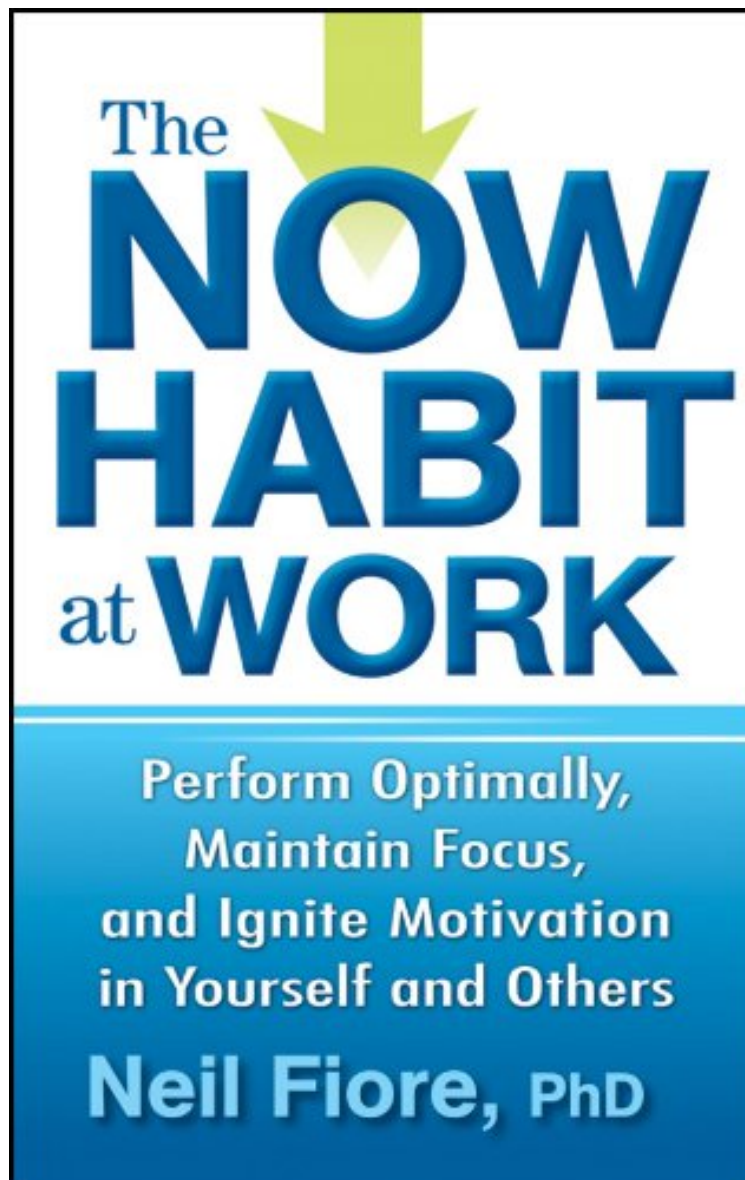


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The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others

Neil Fiore

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Neil Fiore : The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others before purchasing it in order to gage whether or not it would be worth my time, and all praised The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others:

48 of 50 people found the following review helpful. Read the original "The Now Habit", forget about this one. By Hector M. Renteria Hdz The original version is great and really helps overcome procrastination; however, this version is not what its title implies: Those same principles applied at work. This book has a whole chapter for Effective Communication techniques and some other chapters which have nothing to actually do with the Now Habit (covered in the original "The now habit"). For other purposes I would have bought other titles. Please, if you have not read the original book, don't hesitate to buy it if you have problems with procrastination. You actually don't need this book to know how to apply that knowledge to your job. 2 of 2 people found the following review helpful. Good application in work setting. By Goldylox2UI bought this book for my husband. He had already read 'The Now Habit', but our daughter suggested this book as well for the application of the same principles to a work environment. He finds it helpful to work through it again with a mind to solving a dysfunctional work dynamic and dealing with his many employees who struggle with motivation. 0 of 0 people found the following review helpful. Excellent book. Concise. By eved31 Excellent book. Concise, helpful, and relevant for today's business professionals. A must read for any individuals seeking to be more engaged and proactive in their work.

Increase productivity, efficiency, and full-brain power when you apply Now Habit strategies to your business What if working harder, stressing more, and putting in more hours aren't the secret to success? What if truly effective managers, entrepreneurs, and businesspeople simply use more of their brain to make creative decisions, work in the zone, and live more fully in the process? The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions-the ability to bounce back from set-backs, to believe in yourself, and focus on solving problems rather than seeing only obstacles. This one-of-a-kind program offers Tools to enable superior quality work that creates work-life balance Strategies to maintain focus and self-confidence Tips to conquer stress through effective time management and goal setting Daily exercises to ignite motivation in yourself and others to tackle projects with creativity and ease Filled with practical examples that are thoroughly tested and easy to implement, The Now Habit at Work will have you increasing your mindfulness while reforming old habits and reducing your stress. You'll be amazed at how soon your new habits will be inspiring and motivating those around you to new levels of productivity!

From the Inside Flap Do you want to be more productive and enjoy your work more fully? The Now Habit at Work, written by top performance expert Neil Fiore, reveals how true time management goes hand-in-hand with greater ease, well-being, and success in business and life. Whatever your occupation, Fiore's proven tools will empower you to overcome procrastination and workaholicism, and engage your full creative potential on the job. Adapting the principles of Fiore's bestselling The Now Habit to the unique challenges of business settings, The Now Habit at Work provides you with a complete, no-nonsense program to build effective self-management strategies. You'll develop the focus of a champion, the ability to bounce back from setbacks, and the habit of problem-solving your way around obstacles and doubt. Drawn from the latest neuroscience, cognitive behavioral psychology, and peak performance research, The Now Habit at Work enables you to optimize your approach so you: Identify your negative habits and develop corrective actions Use the Law of Reverse Effort to accomplish more by struggling less Shift from defending your ego to focusing on the task of achieving your goal Learn how to focus on when, where, and what to start so you can stop feeling overwhelmed by large projects Work with the power of your entire brain's left and right hemispheres so you achieve twice as much in half the time Align your daily actions with your higher values and goals Filled with practical examples and exercises that are thoroughly tested and easy to implement, The Now Habit at Work will enable you to increase your productivity while eliminating negative patterns and reducing your stress. You'll be amazed as your new habits improve your work/life balance and inspire those around you to create a vigorous organization with a healthy bottom line! From the Back Cover Praise for The Now Habit at Work "This book shows you how to get organized, get started, and get more done faster than ever before." — Brian Tracy, author, Maximum Achievement "We live in an age of constant demand and distraction. To succeed at work, we need psychological skills and tools like never before. The Now Habit at Work is a reader-friendly manual filled with practical advice, helpful ideas, and timely tips. Dr. Neil Fiore makes it inviting to learn new strategies, apply them at work, and get results." — Lucy Jo Palladino, PhD, author, Find Your Focus Zone "If you don't think you are operating at full efficiency on the job, if you would like to enjoy your work more, if you would like to turn some of that negative chatter dominating your thoughts into positive thoughts, then Neil's The Now Habit at Work is made for you." — Vic Conant, Chairman of self-improvement publisher Nightingale-Conant "Never was there a time when you needed an advantage more. You will gain a competitive edge through increased productivity, efficiency, and full-brain power when you apply the Now Habit. Neil Fiore tells you how." — Patricia Fripp, past president, National Speakers Association "Neil Fiore draws on effective business and life strategies and offers them to the reader in easily understood principles. The Now Habit at Work is filled with ready-to-put-to-work strategies which the reader can apply in real time. He writes with an unusual ease and clarity that makes the reader say 'of course' as if they are learning something they knew all along but couldn't quite grasp. I recommend this book to anyone who wants to become more productive and tart now." — Daniel F.

Seidman, PhD, Behavioral Medicine Program, Columbia University, author of Smoke-Free in 30 Days
About the Author
NEIL FIORE, PhD, is a renowned psychologist, lecturer, trainer, and bestselling author. Dr. Fiore has built a reputation as a leading peak performance and productivity expert. He has presented and trained around the world to clients such as: ATT, Bechtel Corporation, Levi Strauss Co., Kaiser Permanente Hospitals, The Smithsonian Institution, and the Federal Reserve Bank.