



35 High Protein Breakfasts



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Tobias Bleicker



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The Way We're Working Isn't Working Tony Schwartz, Jean Gomes, Catherine McCarthy, 2010-05-18 This book was previously titled *Be Excellent at Anything* *The Way We're Working Isn't Working* is one of those rare books with the power to profoundly transform the way we work and live Demand is exceeding our capacity The ethic of more bigger faster exacts a series of silent but pernicious costs at work undermining our energy focus creativity and passion Nearly 75 percent of employees around the world feel disengaged at work every day *The Way We're Working Isn't Working* offers a groundbreaking approach to reenergizing our lives so we're both more satisfied and more productive on the job and off By integrating multidisciplinary findings from the science of high performance Tony Schwartz coauthor of the #1 bestselling *The Power of Full Engagement* makes a persuasive case that we're neglecting the four core needs that energize great performance sustainability physical security emotional self expression mental and significance spiritual Rather than running like computers at high speeds for long periods we're at our best when we pulse rhythmically between expending and regularly renewing energy across each of our four needs Organizations undermine sustainable high performance by forever seeking to get more out of their people Instead they should seek systematically to meet their four core needs so they're freed fueled and inspired to bring the best of themselves to work every day Drawing on extensive work with an extraordinary range of organizations among them Google Ford Sony Ernst & Young offset emotionally draining experiences with practices that fuel resilience move between a narrow focus on urgent demands and more strategic creative thinking and balance a short term focus on immediate results with a values driven commitment to serving the greater good At the organizational level he outlines new policies practices and cultural messages that Schwartz's client companies have adopted *The Way We're Working Isn't Working* offers individuals leaders and organizations a highly practical proven set of strategies to better manage the relentlessly rising demands we all face in an increasingly complex world

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