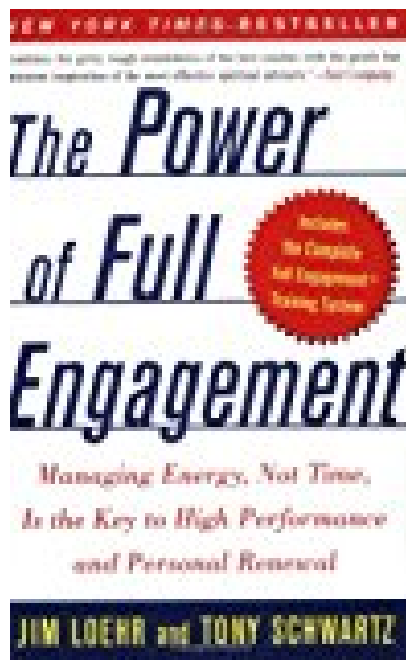


# The Power of Full Engagement Managing Energy Not Time Is the Key to High Performance and Personal Renewal

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## BOOK DETAILS

- Author : Jim Loehr
- Pages : 245 Pages
- Publisher : Free Press
- Language : English
- ISBN : 0743226755

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## **BOOK SYNOPSIS**

A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

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