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Tips from the Productivity Ninja on how to worry less, achieve more and love what you do.**Results Think Less Achieve More**

\u201cResults: Think Less, Achieve More is total wisdom power. Understanding what Jamie Smart presents will allow you the insights and realizations that awaken your innate ability to create truly transformative results.\u201c \u2013 Mark Howard, PhD, Three Principles Institute

**Results - Think Less. Achieve More.: Amazon.co.uk: Smart ...**

Results - Think Less. Achieve More. by Smart, Jamie at AbeBooks.co.uk - ISBN 10: 0857087096 - ISBN 13: 9780857087096 - Capstone - 2016 - Softcover

**9780857087096: Results - Think Less. Achieve More ...**

Achieve the results you want by following the Clarity Coaching Model Improve your overall performance to gain better relationships with your colleagues, close friends and family Add more purpose to your life by allowing time for creativity and innovation

**Results: Think Less. Achieve More eBook: Smart, Jamie ...**

Jamie Smart hat mit "Results - Think Less. Achieve More." nach seinem Bestseller "Clarity" einen weiteren Klassiker geschrieben, der zu einem Paradigmenwechsel in der Erfolgs-Psychologie f\u00fchren wird. Gro\u00dfartig! Uneingeschr\u00e4nkte Leseempfehlung.

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**Results: Think Less. Achieve More | Wiley**

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For many people, a successful work/life balance is frustratingly elusive. Monday mornings fill us with dread, as we face increasingly long hours, constant stress, and the struggle to maintain a decent quality of life. Work/life balance is typically seen as a time-management issue, but that's not it. Working harder in the little time you have won't help. What's needed is a change of attitude and approach, where you can stop tearing your hair out, and go home feeling happy, confident and stress-free. In the process, you will become much more productive, relaxed and an asset to your business. WORK LESS, ACHIEVE MORE shows you how.For many people, a successful work/life balance is frustratingly elusive. Monday mornings fill us with dread, as we face increasingly long hours, constant stress, and the struggle to maintain a decent quality of life. Work/life balance is typically seen as a time-management issue, but that's not it. Working harder in the little time you have won't help. What's needed is a change of attitude and approach, where you can stop tearing your hair out, and go home feeling happy, confident and stress-free. In the process, you will become much more productive, relaxed and an asset to your business. WORK LESS, ACHIEVE MORE shows you how.

You can achieve anything when you know how to put your mind to it We all know that a positive mental attitude can work wonders... but there's so much more to it than that. With the right coaching you can move from positive attitude to determined success magnet! Mark Rhodes trains people every day on just how to achieve that level of concentrated resolve. In this book he'll show you how to build the mindset you need to achieve your goals and dreams and start to notice more opportunities and have the confidence to act on them. Whilst NLP based, no prior knowledge of NLP is needed! Mark keeps the science in the background. And don't worry, he doesn't ask us to trust the powers of the Universe and have 'faith' that it will work. Mark's steps are practical and actionable, using real examples. Think Your Way to Success will supercharge your performance, helping you to: • Map out exactly what you want to achieve • Find the confidence to act on opportunities • Use visualization to get results • Conquer your fears and phobias • Beat the "I can't" virus and shake off limiting beliefs Praise for the book: "I know that there are hundreds of people who are more focused and more successful today because of the help Mark has given them." Bev James, CEO of The Coaching Academy "The perfect antidote to negativity and a powerful reminder that attitude changes everything." Guy Rigby, Director - Head of Entrepreneurs, Smith & Williamson Limited, author of From Vision to Exit "This book shows the really important things about mind power so that you will be able to emulate Mark's success. Keep it with you and read it over and over again!" Ron G Holland, author of Talk & Grow Rich "Mark Rhodes has given NLP a new look... I recommend it to NLPers everywhere..." Dr Richard Bandler, Co founder of the field of NLP. Author of The Secrets of Being Happy

Stress. It's unavoidable today, it seems. High-intensity workplaces. Nonstop at-home demands. Traffic that follows you wherever you go. Stress is near impossible to avoid, and whether we acknowledge it or not, it's definitely taking a toll on our productivity and well-being. But is that spinach salad at lunch really helping to reinvigorate you at halftime? Is the yoga class on the way to work truly decreasing your mental workload throughout the day? Or do all these stress-reduction techniques we utilize to help us persevere through the day just become one more thing to do?In Stress Less. Achieve More. executive coach and psychotherapist Aimee Bernstein offers a more effective and realistic approach: Don't try to numb yourself from the pressure or run from it. Embrace it! See it as an energy source that you can tap into in order to accomplish more while feeling calm and centered. Part training manual, part spiritual guide, this must-have book for the stressed individual uncovers a total mental/physical/emotional formula to: • Stop reacting defensively• Retrain natural responses to stress triggers• Resolve conflicts harmoniously• Energize fatigued teammates• Relax in difficult situations• And moreWhen we swim against the stream of stress, we'll drown in its relentless current every time. But when we learn how to turn stress into an ally, we can thrive under even the most demanding circumstances. With the tips, techniques, and exercises in Stress Less. Achieve More. the overwhelmed will finally find the relief they've been searching for.

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