



Full Throttle: 122 Strategies to Supercharge Your Performance at Work

Gregg M. Steinberg

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Do you want to be charged up every day? Do you want to be focused for every meeting? Do you want greater health, balance and happiness?

Facing a continual barrage of tasks coupled with a tough economy, many people feel completely drained by day's end. To stay ahead of the game, you need to capitalize on your energy, to go full throttle when needed. Based upon his years of research as well as his coaching experiences with professional athletes and top executives, Dr. Steinberg has developed an energy management system comprised of 6 key emotional strengths. When you learn to master these strengths, you will thrive on the inside, regardless of what is happening on the outside.

Full Throttle is filled with incredible stories, realistic examples, topical insights and hands on tools-Here is what you can expect to gain from reading this book:

- Get Focused for every meeting
- Develop greater balance in your life
- Become more productive but work less hard
- Plug up all the energy drains
- Discover your inner flame of excellence
- Be able to overcome obstacles and adversity
- Be happier in your moments

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From reader reviews:

Rose Cordeiro:

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each publication has different aim or goal; it means that book has different type. Some people sense enjoy to spend their time to read a book. They can be reading whatever they get because their hobby is definitely reading a book. Consider the person who don't like studying a book? Sometime, man feel need book if they found difficult problem or perhaps exercise. Well, probably you will need this Full Throttle: 122 Strategies to Supercharge Your Performance at Work.

Thomas Smith:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled Full Throttle: 122 Strategies to Supercharge Your Performance at Work can be great book to read. May be it might be best activity to you.

Corey Mason:

Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Full Throttle: 122 Strategies to Supercharge Your Performance at Work, you can enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

Randal Gore:

As a student exactly feel bored to reading. If their teacher asked them to go to the library or even make summary for some guide, they are complained. Just little students that has reading's heart or real their interest. They just do what the educator want, like asked to the library. They go to generally there but nothing reading really. Any students feel that reading is not important, boring along with can't see colorful photographs on there. Yeah, it is to be complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this Full Throttle: 122 Strategies to Supercharge Your Performance at Work can make you sense more interested to read.

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