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iUniverse, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anyone with executive responsibilities - entrepreneurs, business managers, directors of large organizations, even parents - needs to be focused, in command, and able to make wise decisions at any moment. Psychologist Michael Kahn interviewed 62 successful executives to understand how they think, react, plan, and even relax. These are not corporate secrets. The key is getting in better touch with your personal operating system and developing strategies to coordinate your mind, body, and emotions to produce an ideal, efficient, executive-performance state. Anyone can learn and implement their methods. They are applicable to: companies wanting to increase staff productivity and creativity, and decrease stress related work problems, businesses committed to the success of newly placed executives, ambitious people determined to succeed in career and business and devoted to staying healthy, to have satisfying relationships, and to enjoy life. If you ve had this gnawing feeling that you re capable of more, that life shouldn t be this stressful, then this practical and compelling guide will empower you to realize your full potential. This should be mandatory reading for all C-Suite aspirants. Exceptional DIY manual for survival and success. -Clinton Wingrove, EVP Principal Consultant at Pilat HR Solutions and co-CEO of CKT Solutions Dr. Kahn has identified the key challenges every CEO must deal with at a very personal level. He has given us powerful insights and practical solutions. -Patricia H. Troy, IOM, CAE, President/CEO of Next Wave Group, LLC Michael has written a very useful and practical book that contains wisdom and advice from dozens of leaders in a a variety of fields. It includes ideas and strategies that can enrich both your personal and professional life. This book is the next best thing...

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