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**Richard Owusu-Apenten, Ernest R.
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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 best-selling 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 extra ordinary range of organizations among them Google Ford Sony Ernst 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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William Shurtleff, Akiko Aoyagi, 2013-08-29 *Keyboard*, 1999 *Going Forward*, 2003 *DFA Leader*, 1998

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included ILLUSTRATIONS of 365 breakfast recipes right after conclusion Breakfast is more than just the most important meal of the day It's actually the best meal in our book pun intended Who can't get enough of tasty and healthy breakfast So in Breakfast 365 you'll find a lot of our favorite breakfast recipes that will jumpstart your day So now why don't we discover it Introduction Chapter 1 Breakfast Bread Chapter 2 Breakfast Casseroles Chapter 3 Breakfast Cookies Chapter 4 Breakfast Cereals Chapter 5 Breakfast Drinks Chapter 6 Breakfast Pancakes Everybody loves breakfast whether it's a tall pile of pancakes on a sunny weekend or a quick oatmeal on the go on busy weekdays Wake up to a beautiful morning with a great pancake recipe from Pancake 365 Surely the sleepyheads will start their day right You also see more different types of breakfast recipes such as Granola Waffles Purchase the Print Edition RECEIVE a digital copy FREE via Kindle MatchBook I really hope that each book in the series will be always your best friend in your little kitchen Let's live happily and wake up to every beautiful morning with healthy breakfast Enjoy the book Tags breakfast maker recipes breakfast sandwich maker cookbook breakfast sandwich cookbook breakfast sandwich maker recipes breakfast sandwich maker recipe book southern breakfast cookbook pancakes for breakfast book breakfast cookbook breakfast book breakfast recipes *The Protein-Packed Breakfast Club* Lauren Harris-Pincus, 2017-05-03 Whether for weight loss managing prediabetes or Type II diabetes or a healthy fit lifestyle The Protein Packed Breakfast Club is filled with delicious easy to make recipes containing 300 calories or less and packed with a minimum of 20 grams of protein Power up your morning with protein You'll find recipes featuring dairy protein powders nuts seeds eggs and ancient grains including hot trends like overnight oats smoothie bowls and mug cakes Discover healthier versions of classics like pancakes and French toast Many recipes are also vegetarian and gluten free In a hurry in the morning Don't worry Prepare your breakfast in the evening or on the weekend to save precious time during the morning rush while ensuring you begin the day with an energizing protein packed breakfast [High Protein Breakfast Recipes With Egg](#) Lizzy Caston, 2024-01-04 Ditch the Drab Embrace the Fab Fuel Your Day with 55 Egg-cellent High Protein Breakfasts Tired of the same old toast and yogurt Craving mornings that burst with energy and flavor Look no further than HIGH PROTEIN BREAKFAST RECIPES WITH EGG 55 Easy Simple And Delicious Recipes That Are Protein Rich This game changer cookbook is your passport to mornings packed with mouthwatering protein powered goodness Ditch the boring and rediscover the magic of breakfast with Effortless egg masterpieces Scrambled fried poached baked eggs take center stage in a symphony of tastes from creamy Hollandaise to fiery salsa Beyond the ordinary Forget omelets Dive into savory frittatas protein packed breakfast bakes and even sweet meringues for a touch of decadence Time saving tricks Whip up breakfasts in a flash with 30 minute meals or prep ahead options for grab and go mornings Nutrient packed powerhouses Each recipe boasts a protein punch keeping you fueled and focused throughout the day Flavor fireworks for every palate From savory to sweet spicy to comforting there's something for every craving Say goodbye to boring and hello to a protein packed revolution Inside this book you'll find 55 easy to follow recipes for every skill level Simple pantry staples transformed into breakfast

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