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Jim Loehr is a world-renowned performance psychologist, co-founder of the Human Performance Institute, and author of fifteen books, including his most recent, The Power of Story. He also co-authored the national bestseller The Power of Full Engagement .

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Co-Founder, Johnson & Johnson Human Performance Institute Dr. Jim Loehr is a world-renowned performance psychologist and author of 16 books including his most recent, The Only Way to Win. He also co-authored the national bestseller The Power of Full Engagement.

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The Power of Full Engagement by Jim Loehr and Tony Schwartz | Book Summary and PDF. The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal teaches us how to manage and improve our mental, physical, emotional, and spiritual energies in order to perform at our optimum best over long periods of time.

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In his groundbreaking new book, Dr. Jim Loehr, New York Times bestselling coauthor of The Power of Full Engagement, examines the way we tell stories about ourselves to ourselves -- and, most important, the way we can change those stories to transform our business and personal lives. "Your story is your life," says Loehr.

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Hardcover. Condition: gut. In his groundbreaking new book, Dr. Jim Loehr, New York Times bestselling coauthor of The Power of Full Engagement, examines the way we tell stories about ourselves to ourselves -- and, most important, the way we can change those stories to transform our business and personal lives. "Your story is your life," says Loehr.

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Then you'll love The Power of Full Engagement by Tony Schwartz and Jim Loehr. The premise is simple: Performance, health, and happiness are grounded in the skillful management of energy. I've personally gotten a LOT out of this book and it's been a true game-changer for me in terms of how I structure my days and optimize my productivity.

The Power of Full Engagement by Tony Schwartz and Jim ...

As bestselling authors Jim Loehr and Tony Schwartz demonstrate in this groundbreaking book, managing energy, not time, is the key to enduring high performance as well as to health, happiness, and life balance.

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Jim Loehr In his groundbreaking new book, Dr. Jim Loehr, New York Times bestselling coauthor of The Power of Full Engagement, examines the way we tell stories about ourselves to ourselves -- and, most important, the way we can change those stories to transform our business and personal lives.

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As bestselling authors Jim Loehr and Tony Schwartz demonstrate in this groundbreaking book, managing energy, not time, is the key to enduring high performance as well as to health, happiness, and life balance. The Power of Full Engagement is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job by laying out the key training principles and provides a powerful, step-by-step program that will help you to: * Mobilize four key sources ...

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