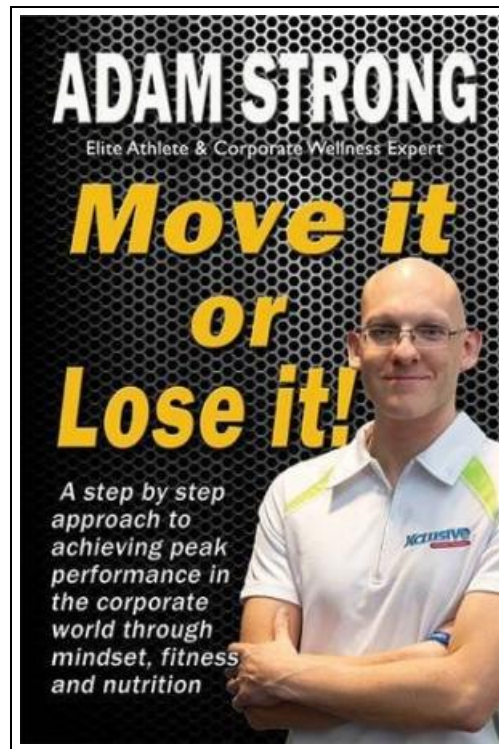


Move it or Lose it!



Filesize: 8.24 MB

Reviews

Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Mrs. Dorris Wintheiser)

MOVE IT OR LOSE IT!



Filament Publishing. Paperback. Book Condition: new. BRAND NEW, Move it or Lose it!, Adam Strong, Many successful executives focus on creating wealth but have to spend that wealth to regain their health. Do you sabotage your happiness and success? Are you struggling to stay engaged and productive all the time? Is your hectic and busy lifestyle beginning to affect your physical and mental health? Are you losing your competitive edge? 'Move it or Lose It' will help you to: deal with burn-out; become more focused and driven; control your ego; improve your time management skills by developing healthy habits and routines; and make you more money and fulfil your true potential. Issues with working in the corporate world include how to deal with the pressures of working in a fast-paced and competitive environment, but Adam will help you learn how to integrate a health and fitness routine that works for you, and learn how to decide what areas of your life you need to focus on to fulfil your true potential. 'Move it or Lose It' will also show you how to deal with difficult situations, such as when your organisation asks you to hit unrealistic performance targets or work extra long hours; choosing wealth over health; getting your spouse to be more understanding and supportive; and getting your colleagues to become more positive. The book blends over 20 years of Adam's experience from being an athlete to a health and fitness coach helping executives and corporates to become more productive and engaged in the workplace. Many people who work in the corporate world are in denial as to the effect it has on their health, lifestyle and mental well-being. Adam knows it can be difficult to stay healthy, exercise and be productive at work all the time. But what...



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