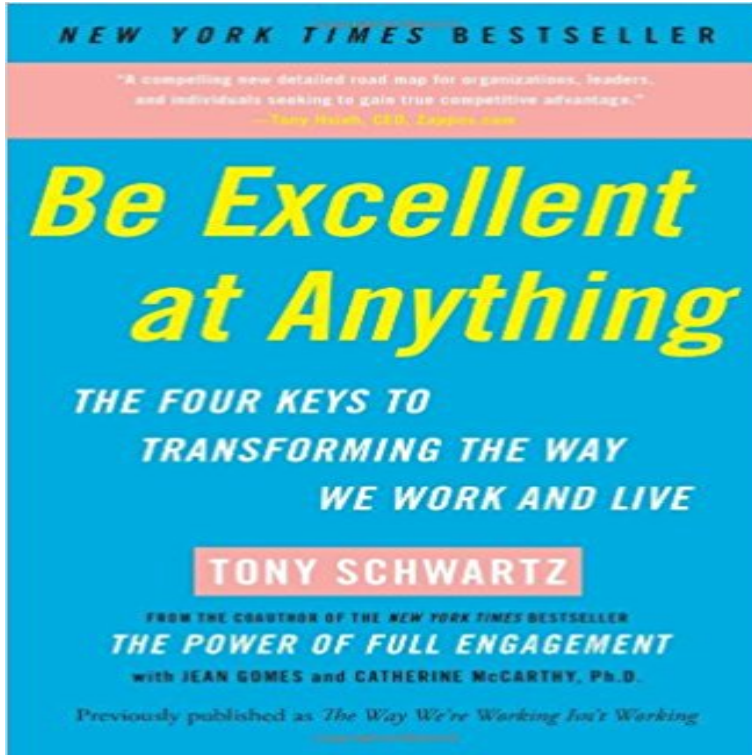


Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live



Be Excellent at Anything 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. Be Excellent at Anything 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 bestselling *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 & Young, Shell, IBM, the Los Angeles Police Department, and the Cleveland Clinic, Schwartz creates a road map for a new way of working. At the individual level, he explains how we can build specific rituals into our daily schedules to balance intense effort with regular renewal; 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 Schwartzs client companies have adopted. Be Excellent at Anything 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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Be Excellent at Anything: The Four Keys To Transforming the Way Be Excellent at Anything: The Four Keys to Transforming the Way We Work and Live opis wydawcy. Schwartz, coauthor of the #1 bestselling **Buy The Way Were Working Isnt Working: The Four Forgotten** By Tony Schwartz - Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live (Reprint): Tony Schwartz: 8601400287668: Books **Be Excellent at Anything: The Four Keys to Transforming the Way** Feb 1, 2011 This book was previously titled, Be Excellent at Way Were Working Isnt Working is one of those rare books with the power to **6 Keys to Being Excellent at Anything HuffPost** : The Way Were Working Isnt Working: The Four Forgotten Needs rare books with the power to profoundly transform the way we work and live. .. Be Excellent At Anything: The Four Keys To Transforming The Way We Work **Be Excellent at Anything: The Four Keys To Transforming the Way** Store SUCCESS Live Event Account Cart Subscribe. 12 issues for only \$29.95 reg. \$34.95. Subscribe Today! Renew Subscription Customer Service **Be Excellent at Anything: : Tony Schwartz, Catherine** The way were working isnt working for us, for our employers, or for our families. Its not And what happens to your work and life if you dont? A key element is how well we meet our four energy needs: . Tonys most recent book, Be Excellent at Anything: The Four Keys to Transforming the Way We Work and Live, was **Be Excellent At Anything Actionable Books** Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live (9781451610260) by Tony Schwartz, Jean Gomes, Catherine McCarthy **Be Excellent at Anything The Four Keys To Transforming the Way** Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live (9781451610260) by Tony Schwartz, Jean Gomes, Catherine McCarthy **Be Excellent at Anything: The Four Keys To Transforming the Way** This book was previously titled, Be Excellent at Anything. Working Isnt Working is one of those rare books with the power to profoundly transform the way we work

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