

THE GET PRODUCTIVE GRID: A SIMPLE AND PROVEN WORK-LIFE BALANCE SYSTEM TO HELP YOU THRIVE (PAPERBACK)



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Magdalena Bak-Maier Make Time Count, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want to stop being held hostage by deadlines? Tired of seeing what truly matters rarely getting completed? Would you like to live a fuller life? One where you achieve results, have a rewarding personal life whilst nurturing your whole personal and professional being? The Grid can unlock the secret to success for you. Magdalena Bak-Maier, trained neuroscientist (PhD, Caltech), top coach and author of Get Productive! provocatively suggests that you can have it all . In this her second book, Bak-Maier shows how to cultivate balance and truly thrive using her original, tested, creative and easy to master Grid system. The Grid is for you if you find yourself saying. - I work hard but feel I m not getting anywhere. - I lack time for life outside my work (dating, hobbies, friends, holidays or family). - My to-do list is never-ending. - I don t have energy for anything other than work and need weekends to recover. - I m settling for less because having it all seems unattainable. Too many lives are skewed towards work, careers, care for others and neglect of self she says. What s even worse, many people hardly notice how out of balance their lives have become while they chase their tail, feel stressed, overwhelmed and unfulfilled. Bak-Maier makes a case for an attractive alternative using her tried and tested Grid method. This practical book sets out to help you transform your life by teaching you how to surf your energy so that instead of tiring and reacting to life, you continuously refuel your heart and mind to be the artist of it. The Grid shows you how to create results and success...



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