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'Busy' takes great new psychological research and applies it, practically to the challenges we face in the modern world, to provide a new set of tools, a new set of skills for responding to too much; practical strategies that will help you thrive no matter how full your inbox is!

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Managing time to managing attention, how to transition toward a career strategy that doesn't hinge on productivity, how to think differently about success by re-engaging with what matters, and how to create the impetus, energy, and clarity to put all these changes into effect. Crabbe draws on entertaining psychological studies to show why we're getting it wrong at the moment and to develop a fresh new approach to taking back one's life from chaotic outside forces. Rarely has a book been more timely in both its scope and in its immediate impact.

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Buster, a half-German Shepherd mutt, was adopted by Roy Hattersley in December 1995. He began to dictate his diaries soon after his arrival. Buster became England's most famous dog in 1996 when he defended himself against a goose in St. James's Park -- a goose which, unfortunately, belonged to the Queen. Pursued by the press ever since, he has sought solace in writing. *Buster's Diaries* is the comically heart-warming true story of Buster's triumph over adversity, as he describes his rescue from a paw-to-mouth existence on scraps to his new life in the lap of

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Luxury -- and at the same time reveals the secrets of the strange relationship between dog and the Man on the other end of the lead. Never before have readers been offered such insights into the aromatic canine world. The irresistible fragrance of chicken bones picked off the sidewalk. The special rituals required to receive delicious treats (pig ears, dog biscuits). The sawdust balls Buster must eat to stay healthy while the Man gobbles down chocolate cookies. The painful digestive consequences of eating cream filled cookies while still wrapped. The diaries also

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reveal the strain of living with the Man -- the constant power struggle of who's boss, the "training" ceremonies, the Man's strange excrement collection syndrome and reliance on new dog humiliation technology. Buster's Diaries will make you laugh and it will make you cry but it has a happy ending.

'Life-changing' Daily Express If you want to take control of your career - and your life - make sure you're not too busy to read this book. Today's world is one of too much: too much work to do, too much communication, too much

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competition, too much uncertainty and too much information. We are striving to keep up, but inevitably we're falling behind, leaving us with a nagging sense of failure that is hard to shake off. In *Busy*, Tony Crabbe debunks the myth that satisfaction at work comes from getting everything done. Instead, he demonstrates that what will enable you to thrive is regaining a sense of mastery over your life, focusing on making an impact, engaging with loved ones and creating the momentum necessary to make changes. 'You'll want to ban "busy" from your vocabulary after reading

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this delightful takedown of busyness as an excuse . . . a very smart, fun and enlightening read' Success Magazine

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30-plus years of experience in helping organizations of all sizes and leaders at every level reach peak performance. Comprehensive in scope, his book overflows with insights and practical advice to help you make smart leadership decisions. For example: Why putting the right foundational structures in place early on creates clarity and heads off problems that cause businesses to struggle and fail The importance of followership: why being a good leader requires that you first be a good follower Why we tend to run from self-disruption and a sense of being unsettled (and how to

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Learn to embrace them instead) Why leaders should seek consent, not consensus How to engage employees and create a positive workplace culture How to help employees find meaning and purpose in their work How to conduct difficult conversations and resolve conflicts—and why having these skills (or not) can make or break you as a leader Advice for attracting and hiring the best talent, retaining them over time, and dealing with the low performers who drive them away Why mentoring is so powerful and how to encourage it inside your company Tips and tactics for

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Live the life you want, not

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the life you settle for. Helping people build healthy new habits that improve their lives is more important than ever. Arianna Huffington launched Thrive Global to do just that--Thrive's specific mission is to end the epidemic of stress and burnout and help individuals and companies unlock their greatest potential. Science continues to show that we don't have to sacrifice our well-being in order to succeed; in fact, it turns out that well-being is critical to peak performance. Learning to thrive means: Moving from awareness to action - from

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Knowing what to do to actually doing it Embracing solutions that appeal to wisdom, wonder, intuition, reflection, and are steeped in science Taking the time to rest and recover in order to fuel and maximize productivity, both personal and professional Making the mindset shifts and habit changes that supercharge performance in ways that truly matter to us Eschewing trendy self-care fixes or the latest health fads, Your Time to Thrive is the revolutionary guide to living and working based on Microsteps--tiny, science-backed changes. By making them too-small-to fail, we

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Many can incorporate them into our daily lives right away, and begin building healthier ways of living and working. This book is a Microstep bible. With chapters dedicated to sleep, nutrition, movement, focus and prioritization, communication and relationships, unplugging and recharging, creativity and inspiration, and purpose/meaning, *Your Time to Thrive* shares practical, usable, research-supported mini-habits that will yield huge benefits and empower people to truly thrive in all parts of their lives.

Discover the three secrets

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to happiness--and much more--in the later years of life. Never before in human history have so many people lived for decades beyond their working years. 10,000 Americans turn 65 each day, and their average life expectancy is another 20 years--and many will live longer. But will they just live or have a meaningful life? The truth is that many--if not most--people approaching the latter years do not have a plan, much less a strategy to thrive instead of just survive. Packed with information based on research as well as common-sense wisdom, here are some examples of what

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readers will discover: * How retiring at the wrong time increases the likelihood of dying 89%. * What can delay Alzheimer's onset an average of 9 years. * How everything that makes you happy comes in just 3 forms. * Which partner is most likely to initiate divorce after decades of marriage and why.

"A transfixing book on how to sustain peak performance and avoid burnout" –Adam Grant, New York Times bestselling author of Option B, Originals, and Give and Take "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna

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Huffington, author of *Thrive* and *The Sleep Revolution* "I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." –David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and

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Combines anecdotes, advice, quotes, and other resources in a guide to balancing the

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demands of one's family and children with those of one's job, offering tips on eliminating stress, too many obligations, and other hindrances to a better family life.

OUR CULTURE HAS BECOME OBSESSED WITH HUSTLING. As we struggle to keep up in a knowledge economy that never sleeps, we arm ourselves with life hacks, to-do lists, and an inbox-zero mentality, grasping at anything that will help us work faster, push harder, and produce more. There's just one problem: most of these solutions are making things worse. Creativity

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Much isn't produced on an assembly line, and endless hustle is ruining our mental and physical health while subtracting from our creative performance.

Productivity and Creativity are not compatible; we are stuck between them, and like the opposite poles of a magnet, they are tearing us apart. When we're told to sleep more, meditate, and slow down, we nod our heads in agreement, yet seem incapable of applying this advice in our own lives. Why do we act against our creative best interests? WE HAVE FORGOTTEN HOW TO FLOAT. The answer lies in our history, culture, and

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biology. Instead of focusing on how we work, we must understand why we work—why we believe that what we do determines who we are.

Hustle and Float explores how our work culture creates contradictions between what we think we want and what we actually need, and points the way to a more humane, more sustainable, and, yes, more creative, way of working and living.

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