



Change Your Day, Not Your Life: A Realistic Guide to Sustained Motivation, More Productivity and the Art Of Working Well

Andy Core

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Increase your employees'—and your own—productivity at work

If you look out over today's workforce, you'll find millions of hard-working people who are overly tired, overly stressed, and less than enchanted with work. For organizations around the globe, this represents an incredible opportunity to improve productivity, talent retention, innovation, and overall profitability.

The great paradox here is that when you take hard-working, responsible adults with a desire to succeed and a sense of responsibility and drop them into our demanding work culture, they tend to default to a way of life that sabotages their ability and best efforts to reach their goals. That's where author Andy Core comes in. *Change Your Day, Not Your Life* offers a proven strategy to help you become energized at work. This book is designed as a resource for work-life balance, a tool to help you increase productivity during the final two hours of work by up to 47 percent, content to fuel employee communication, and a curriculum that departments can use in weekly or monthly meetings to keep everyone working at their best.

- Author Andy Core is a credentialed, award-winning thought leader on increasing employee engagement, productivity, and wellness motivation; his talent lies in helping hard-working, conscientious adults thrive at work and in their personal lives

Turn wasted hours into tasks accomplished by following the methods found in *Change Your Day, Not Your Life*.

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Dewayne Campbell:

As people who live in the actual modest era should be change about what going on or information even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe will probably update themselves by looking at books. It is a good choice to suit your needs but the problems coming to a person is you don't know which you should start with. This Change Your Day, Not Your Life: A Realistic Guide to Sustained Motivation, More Productivity and the Art Of Working Well is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Pablo Cowart:

Playing with family in the park, coming to see the sea world or hanging out with buddies is thing that usually you might have done when you have spare time, after that why you don't try matter that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Change Your Day, Not Your Life: A Realistic Guide to Sustained Motivation, More Productivity and the Art Of Working Well, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its called reading friends.

Edward Trotta:

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