


[DOWNLOAD](#)


## Thriving in a 24-7 World: An Energizing Tale about Growing Through Pressure (Hardback)

By Peter Jensen Phd with Michelle Kaeser

iUniverse, United States, 2015. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We live in a world where the demands we face as professionals, parents and students has grown exponentially, yet the amount of hours in a day has stayed constant. Many people turn to time-management strategies to keep up with the growing to-do list. But time is finite, and it's outside of our control. Energy management, on the other hand, is within our control. It's about striking a balance between moments of high performance and periods of renewal. Getting enough rest and recovery, leveraging our stressors and enjoying the presence of our loved ones are positive actions connected to energy management. In *Thriving in a 24-7 World*, author and high performance expert Peter Jensen shows you how to manage your energy to not only perform better but also live a healthier and happier life. Jensen tells the fictional story of sixty-eight-year-old sports psychologist Ken Coghill and how he introduces the world of energy management to an elite basketball team, high performers at an IT firm and callers to his weekly radio show. *Thriving in a 24-7...*



**READ ONLINE**  
[ 3.41 MB ]

### Reviews

*These kinds of publication is the ideal pdf offered. It generally is not going to expense too much. I am just delighted to let you know that this is actually the very best book i have go through inside my very own life and might be the finest ebook for ever.*

-- **Mabelle Schoen**

*Great e book and beneficial one. It is amongst the most awesome pdf i actually have read through. You wont feel monotony at any time of your own time (that's what catalogs are for relating to if you request me).*

-- **Dorothy Daugherty**