



The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others

By Neil Fiore PhD

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Increase productivity, efficiency, and full-brain power when you apply *Now Habit* strategies to your business

What if working harder, stressing more, and putting in more hours aren't the secret to success? What if truly effective managers, entrepreneurs, and businesspeople simply use more of their brain to make creative decisions, work in the zone, and live more fully in the process?

The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions-the ability to bounce back from set-backs, to believe in yourself, and focus on solving problems rather than seeing only obstacles. This one-of-a-kind program offers

- Tools to enable superior quality work that creates work-life balance
- Strategies to maintain focus and self-confidence
- Tips to conquer stress through effective time management and goal setting
- Daily exercises to ignite motivation in yourself and others to tackle projects with creativity and ease

Filled with practical examples that are thoroughly tested and easy to implement, *The Now Habit at Work* will have you increasing your mindfulness while reforming old habits and reducing your stress. You'll be amazed at how soon your new habits will be inspiring and motivating those around you to new levels of productivity!

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Users Review

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Dirk Sullivan:

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled The Now Habit at Work: Perform Optimally, Maintain Focus, and Ignite Motivation in Yourself and Others can be excellent book to read. May be it may be best activity to you.

Antonia Wagner:

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Carlos Vickers:

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Larry Pulido:

In this particular era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become among it? It is just simple way to have that. What you

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