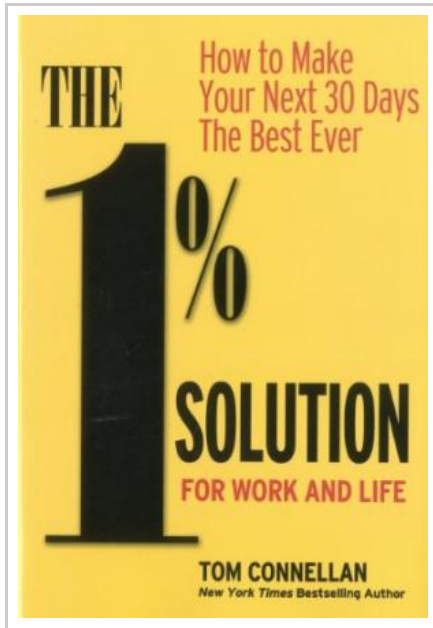




The 1 Solution for Work and Life: How to Make Your Next 30 Days the Best Ever

By Tom Connellan

Peak Performance Press. Hardcover. Book Condition: New.

Hardcover. 160 pages. Dimensions: 8.1in. x 5.6in. x 0.8in.

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family: Times New Roman; font-size: 12pt; font-weight: normal;

font-style: normal; Top sales reps, weight loss champs, blue chip

firms, Warren Buffett, Navy SEALs, Olympians, and other

winners all understand the power of 1. Packed with actionable

ideas, The 1 Solution shows you how to power up your next 30

days and then keep on going at a permanently higher level.

Because its based not upon opinion, but upon solid research

thats backed up with real-life examples, this book is for those

who want to be better right now. Connellan notes, for example,

that while its virtually impossible to be 100 better than your

competition, its very possible to be 1 better in hundreds of

things. Connellan draws on three sources for the practical

solutions he offers: 1. His background as a Research Associate

and Program Director at the Michigan Business School where he

was responsible for the design and implementation of 72

management development programs a year. 2. His street

experience as an entrepreneur who started a company in the

health promotion field and...



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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

-- **Nels Runte IV**

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