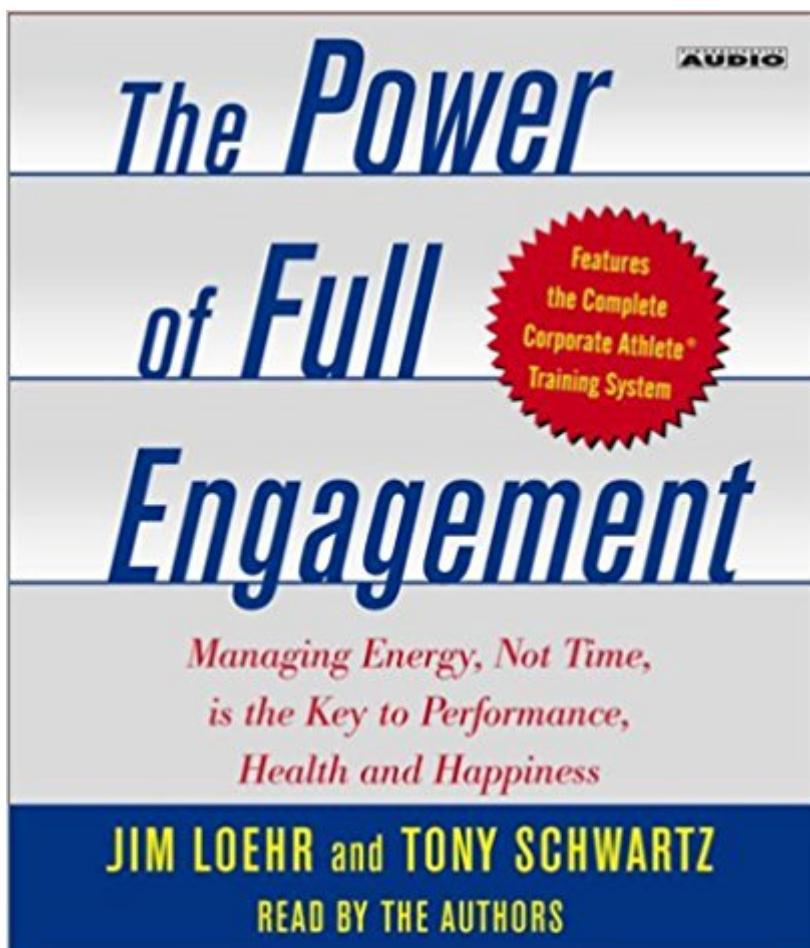


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# The Power Of Full Engagement: Managing Energy, Not Time, Is The Key To High Performance And Personal Renewal



## **Synopsis**

We live in digital time. Our pace is rushed, rapid fire and relentless. Facing crushing workloads, we try to cram as much as possible into every day. We're wired up, but we're melting down. Time management is no longer a viable solution. Managing energy, not time, is the key to enduring high performance as well as to health, happiness and life balance. The number of hours in a day is fixed, but the quantity and quality of energy available to us is not. This fundamental insight has the power to revolutionize the way you live your life. The Power of Full Engagement is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job. At the heart of the program is The Corporate Athlete® Training System. During the past decade, dozens of Fortune 500 companies have paid thousands of dollars to learn the Corporate Athlete training system. So have FBI swat teams, critical care physicians and nurses, salesmen and stay-at-home moms. The Power of Full Engagement lays out key training principles and provides a powerful, step-by-step program that will help you to: Mobilize four key sources of energy Balance energy expenditure with intermittent energy renewal Expand capacity in the same systematic way that elite athletes do Create highly specific, positive energy management rituals The Power of Full Engagement provides a life-changing roadmap to becoming more fully engaged on and off the job.

## **Book Information**

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## **Customer Reviews**

The authors, founders of and executives at LGE Performance Systems, an executive training program based on athletic coaching programs, offer a program aimed at stressed individuals who want to find more purpose in their work and ways to better handle their overburdened relationships.

Just as athletes train, play and then recover, people need to recognize their own energy levels. "Balancing stress and recovery is critical not just in competitive sports, but also in managing energy in all facets of our lives. Emotional depth and resilience depend on active engagement with others and with our own feelings." Case studies demonstrate how some modest changes can have an immediate impact. Loehr (Mental Toughness Training for Sports) and Schwartz (Art of the Deal, writing with Donald Trump) also include a chart highlighting Action Steps, Targeted Muscle, Desired Outcome and Performance Barrier and apply these tenets to individual cases. A chart analyzing the benefits and costs to taking certain action shows the impact negative behavior can have on both physical and mental well-being. However, the actual "training program" whereby readers can learn how to institute certain rituals to change their behavior is less well-defined. Managers and other employees who have attended HR seminars may find this plan easy to use, but self-employed people and others less familiar with "training" may be unable to recognize their behavior patterns and change them. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

For 25 years, Loehr and Schwartz have conducted intensive training with professional athletes to help them perform at peak levels under intense competitive pressures. They are not involved in the physical training process, however. Their intervention focuses on effective management of our most precious resource, our energy. They have found to their surprise that the performance demands most people face in their everyday work environments are often tougher than those professional athletes face. Because athletes train constantly, they are more prepared, whereas most people are in the work game 8 to 12 hours a day with little or no training at all. Most of us are constantly trying to manage time; here, the authors have instead set out a prescription for managing energy on every level: physical, emotional, mental, and spiritual. You are likely to find some of yourself in one of the many case studies they provide to illustrate their techniques. Some of what they say is reminiscent of Tony Robbins' self-help material, but without all the hype it's easier to digest. David Siegfried Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

The Power of Full Engagement by Jim Loehr & Tony Schwartz is a self help book for a more productive work / life balance. Their focus is on managing energy, rather than the more traditional mode of more efficient time management. With an eye towards balance, they identify four sources of energy, mental, physical, emotional, and spiritual (not religious in the strictest sense, but that can

align). The central premise is that without attention to each aspect, an imbalance results that makes maintaining and sustaining energy for life's activities more difficult. For each component, they outline its purpose, its criticality, and then focus on specific actions to manage each one. Essentially, the message is to attend to each one rather than overdoing any one when problems or issues arise. In this manner, things never get out of hand and become overwhelming such that one problem dominates and then cascades into everything. There are plenty of valuable and realistic suggestions that are broadly applicable and cover many situations and contingencies. There's quite a bit of common sense, but everything is laid out in a clear and concise manner with extensive real life examples, including setbacks. Also included are templates to allow for the more obsessive and meticulous to record and document everything. Even without buying the whole concept, there is still plenty of solid advice and useful tidbits. Anyone in a situation where they feel over their head or on the way to burnout will find the book a pleasant and helpful read.

“Every one of our thoughts, emotions and behaviors has an energy consequence, for better or for worse. The ultimate measure of our lives is not how much time we spend on the planet, but rather how much energy we invest in the time that we have. The premise of this book and of the training we do each year with thousands of clients” is simple enough: Performance, health and happiness are grounded in the skillful management of energy. “If nothing succeeds like success, it is equally true that nothing fails like excess. Because change requires moving beyond our comfort zone, it is best initiated in small and manageable increments.” Jim Loehr and Tony Schwartz from *The Power of Full Engagement* is a \*great\* book. I read it on my Kindle and I basically highlighted half the book. It’s so densely packed with Big Ideas we can apply to our lives that, if you’re feeling low on energy or if you’re the kinda person who likes to play full out and is always looking for ways to optimize, this book is on the must buy list. :) Grounded in the research and consulting they’ve done with the world’s greatest athletes, Jim Loehr and Tony Schwartz provide a set of Ideas and tools to help “Corporate Athletes” function at optimal levels of performance. At the heart of their wisdom is the fact that: “Energy, not time, is the fundamental currency of high performance.” Here are some of the Big Ideas: 1. Full Engagement: - The 4 Principles. 2. Sprinters - vs Marathoners. 3. The Pulse of Life - Honor it. 4. Points - & The time between them. 5. Drink Plenty of Water! - And other tips. :) (More goodness--including PhilosophersNotes on 250+ books at <http://www.brianjohnson.me>)

Our coach in a course I attended highly recommended this book as part of our personal development plan. It turns out to be one of most holistic read on energy management. It speaks about how as human being we work most effectively in oscillation (cycles of expending energy followed with recovery) rather than linearly. The key concept is that development starts from physical to emotional, mental and finally spiritual energy; however change is top down in the reverse direction. The authors have used the methods to help top athletes and corporate executives perform at their best by developing positive rituals. Excellent read with explanation of principles followed with examples and action items. The last chapter provides a great summary of the principles and probably it's better to read that to get a roadmap of the concepts and then jump into the chapters for details. Highly recommended for both personal and professional development. (Thanks to Victoria, our coach, for pointing me to this great piece of work).

It's well written and thorough. It's definitely a book to come back to and reread sections if you're going through your own journey of managing your own life and energy. It uses examples of and is apparently aimed primarily at business people in their late twenties to late 30s - people who have worked long enough to start to burn out, to be battered a bit by life, but who have some solid years of experience behind them. If this is you - fantastic. If it isn't, be prepared to adjust and imagine how these lessons might apply to different types of people in different life situations.

Â Yes, it's important to manage your time, but if you have no energy, that's impossible. A tremendous, eye-opening read. I eat very healthy and exercise daily, yet was getting tired around 2p. This book opened my eyes to what athletes do to rejuvenate to reengage in their sport. This will certainly help folks who are business owners with an active family. I'm a business owner with no family and have seen a dramatic difference in my energy levels because I know manage, and understand them. Pick this up!

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