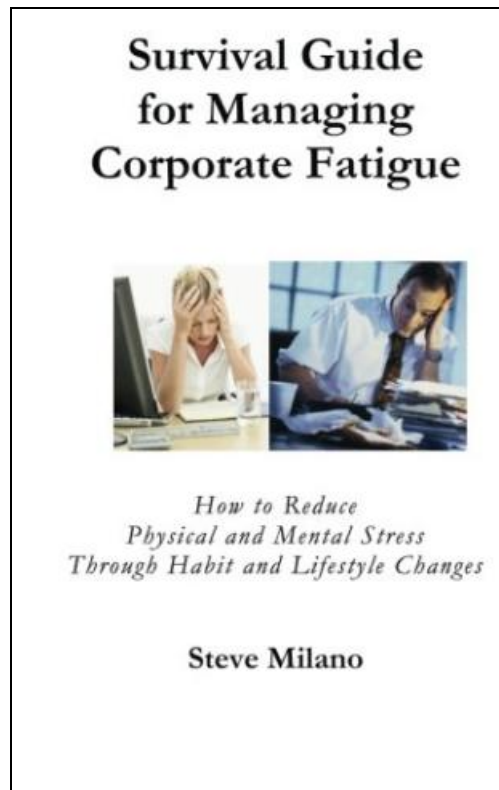


Survival Guide for Managing Corporate Fatigue How to Reduce Physical and Mental Stress Through Habit and Lifestyle Changes



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

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Steve Milano & Associates, LLC. Paperback. Book Condition: New. Paperback. 84 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Do you work more than 40 hours per week? Are long hours of work affecting your productivity and health? If you were paying an attorney 250 an hour to work on an important case for you, would you prefer that he work on your brief at 10:00 pm after a long day of work, or at 10:00 am? If you have to go in for surgery, would you prefer that your doctor operate on you 12 hours after her last meal, or have her perform your surgery a few hours after she had a healthy meal? If one of your co-workers was making a presentation that could make or break your company, would you prefer he give his pitch after only two hours of sleep? It's a pretty obvious fact that long hours without sufficient sleep, food or exercise decreases the quality of work you do. Is there anything you can do on a daily basis short of going to the gym for long workouts, cooking nutritious meals and getting a full night's sleep every night to help you be more productive? Survival Guide for Managing Corporate Fatigue is filled with tips for modifying (not completely changing) your lifestyle and daily habits to help you get the most of every hour each day while reducing the damaging effects of stress on your body, brain and bottom line. Learn the tips for better sleep, diet, fitness and stress reduction to help you keep going during long days and perform at your peak. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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