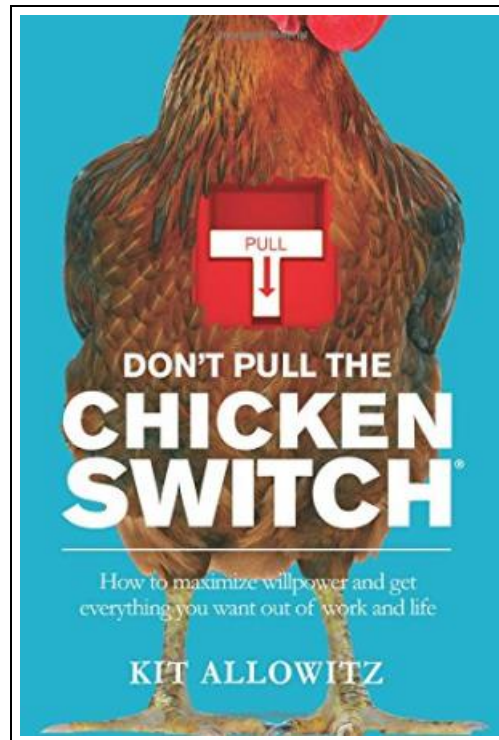


Don t Pull the Chicken Switch: How to Maximize Willpower and Get Everything You Want Out of Work and Life (Paperback)



Filesize: 8.88 MB

Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.
(Lorena White)

DON T PULL THE CHICKEN SWITCH: HOW TO MAXIMIZE WILLPOWER AND GET EVERYTHING YOU WANT OUT OF WORK AND LIFE (PAPERBACK)



To read **Don t Pull the Chicken Switch: How to Maximize Willpower and Get Everything You Want Out of Work and Life (Paperback)** PDF, you should follow the button under and save the file or have access to other information that are in conjunction with DON T PULL THE CHICKEN SWITCH: HOW TO MAXIMIZE WILLPOWER AND GET EVERYTHING YOU WANT OUT OF WORK AND LIFE (PAPERBACK) book.

Allowitz Consulting, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.According to the American Psychological Association s Stress in America Survey, a majority of people cite lack of willpower as the No. 1 reason for the inability to make the changes needed to achieve their desired outcomes in life. Who hasn t chickened out on getting something they wanted or needed? This book is about willpower. It offers strategies to tap into self-discipline, allowing for improved follow-through on commitments and achieving what you truly want. When you don t do what you say, when you give up or just cave, that behavior is called pulling the Chicken Switch. Rather than just offering a plethora of case studies and checklists on willpower, Don t Pull the Chicken Switch is a fun, engaging and relevant story. The story highlights a company and its executives team s personal willpower challenges, some of the most frequent human willpower challenges faced, that when identified, addressed and then conquered propel the executives team members individual productivity and power. This then propels their respective departments and employee personnel to new willpower, productive and effectiveness heights. In story form, backed with factual data about willpower, explore the physiological and psychological stimuli that affect pulling the Chicken Switch. Pulling the Chicken Switch can be avoided. Sometimes we pull it knowingly, other times we trigger it subconsciously. To not pull the Chicken Switch takes willpower. If you understand that willpower is a product of what you believe, while managing your physiological and psychological systems, you can fend off pulling the Chicken Switch and get everything you want out of life. This book is for leaders. Organizational leaders. Team leaders. Community leaders. Individual leaders. You!.



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