Survival Guide for Managing Corporate Fatigue



How to Reduce Physical and Mental Stress Through Habit and Lifestyle Changes

Steve Milano

DOWNLOAD

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

By Steve Milano

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 shed had a healthy meal If one of your coworkers was making a presentation that could make or break your company, would you prefer he give his pitch after only two hours of sleep Its 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 nights sleep every night to help you be more...



Reviews

A brand new e book with an all new standpoint. it was actually writtern very properly and beneficial. I am just very easily will get a satisfaction of studying a composed publication. -- Esperanza Pollich

This created pdf is excellent. This is for anyone who statte that there had not been a really worth reading through. Your life span will probably be transform as soon as you total looking over this publication. -- Prof. Esteban Wuckert

Other eBooks



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



Shepherds Hey, Bfms 16: Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...



Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Hon. Gypsy Breynton, Esq., M. A., D. D., LL. D., c., c. Gypsy Breyitton, R, R. Tom was very proud of his handwriting....