



The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal

By Jim Loehr, Tony Schwartz

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This groundbreaking *New York Times* bestseller has helped hundreds of thousands of people at work and at home balance stress and recovery and sustain high performance despite crushing workloads and 24/7 demands on their time. “Combines the gritty toughmindedness of the best coaches with the gentle-but-insistent inspiration of the most effective spiritual advisers” (*Fast Company*).

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. As bestselling authors Jim Loehr and Tony Schwartz demonstrate in this groundbreaking book, managing energy, not time, is the key to enduring high performance as well as to health, happiness, and life balance. *The Power of Full Engagement* is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job by laying out the 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 to make lasting changes

Above all, this book provides a life-changing road map to becoming more fully engaged on and off the job, meaning physically energized, emotionally connected, mentally focused, and spiritually aligned.

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- Sales Rank: #9238 in Books
- Brand: Free Press
- Published on: 2003
- Released on: 2005-01-03
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .60" w x 5.50" l, .53 pounds
- Binding: Paperback
- 245 pages

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Editorial Review

From Publishers Weekly

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.

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From [Booklist](#)

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

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Review

Fast Company Combines the gritty tough-mindedness of the best coaches with the gentle but insistent inspiration of the most effective spiritual advisers.

Stephen R. Covey, author of *The 7 Habits of Highly Effective People* A remarkable application of the athletic metaphor to high-performing people and organizations.

Users Review

From reader reviews:

Jenny Dill:

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Gwendolyn Harrison:

People live in this new day of lifestyle always make an effort to and must have the time or they will get wide range of stress from both daily life and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not really a huge robot. Then we question again, what kind of activity do you have when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*.

Hazel Mercado:

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