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Fit to Lead: The Proven Solution for Shaping Up Your Body, Your Mind, and Career (Paperback)

By Dr Christopher P Neck, Tedd L Mitchell, Charles C Manz

Carpenter s Son Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The health benefits of getting and staying in shape are well established. But few people realize that getting fit can also help them excel at work, be better leaders, and perform daily tasks with more energy, focus, and creativity. Written by a team of leading fitness experts at the renowned Cooper Wellness Program, FIT TO LEAD brings together the latest research on how leaders can get and stay in shape for life. Filled with practical suggestions, success stories from top-level clients, and insights from leaders that include past Presidents, the book represents a realistic, easy-to-follow, and life-changing plan to help achieve body fitness, nutritional fitness, and mental fitness. Features include: A customize eight-week plan that includes simple stretching, endurance, and strength-training routines. Advice on creating a satisfying. healthy diet plan and overcoming the perils of the on-the-go eating. Techniques for setting goals, visualizing success, and learning other keys to mental fitness and effective self-leadership, as well as Superleadership of others. This proven, step-by-step program will return rewards for a lifetime, helping readers feel great, prosper in the workplace, and...



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