

ARE YOU ALWAYS
STRESSED
AND
HURRYING
AT WORK?

LEARN TO BREAK YOUR
RUSH SYNDROME CYCLE

JOEL A. GARFINKLE

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Like most people in our speed-oriented culture, you've probably become obsessed with hurrying. You wake up thinking about how you'll complete the long list of tasks on your plate that day.

Are You Always Stressed and Hurrying at Work? will help you diagnose your rush syndrome and determine what triggers it. You'll learn when you're most likely to rush, and how to break the cycle with Joel's 39 strategies, such as:

- ▶ **Separating the important from the urgent**
- ▶ **Gaining control over your calendar**
- ▶ **Breaking the smartphone addiction**
- ▶ **Working with your basic rest-activity (BRAC) cycle**
- ▶ **Finding your best working speed**

By eliminating the constant need to hurry, you'll free yourself to think creatively, become the best leader you can be, and accomplish more in your career—while getting more out of life as a whole.



JOEL A. GARFINKLE is recognized as one of the top 50 executive coaches in America. Global Gurus named Joel #14 on its list of the top 30 global coaching experts. He is also a Master Certified Coach (MCC)—the highest level of achievement in coaching—and author of 11 books and over 300 articles on leadership. His client list for coaching and corporate training includes Google, Amazon, Starbucks, Bank of America, Microsoft, Oracle, Deloitte, Ritz-Carlton, Genentech, NBC, the NBA, and many other prestigious companies.