



# 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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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 number of hours in a day is fixed, but the quantity and quality of energy available to us is not. This fundamental insight has the power to revolutionize the way you live your life. *The Power of Full Engagement* is a highly practical, scientifically based approach to managing your energy more skillfully both on and off the job.

At the heart of the program is the Corporate Athlete® Training System. It is grounded in twenty-five years of work with some of the world's greatest athletes to help them perform more effectively under brutal competitive pressures. Clients have included Jim Courier, Monica Seles, and Arantxa Sanchez-Vicario in tennis; Mark O'Meara and Ernie Els in golf; Eric Lindros and Mike Richter in hockey; Nick Anderson and Grant Hill in basketball; and gold medalist Dan Jansen in speed skating.

During the past decade, dozens of Fortune 500 companies have paid thousands of dollars to learn the Corporate Athlete training system. So have FBI swat teams, critical care physicians and nurses, salesmen, and stay-at-home moms. *The Power of Full Engagement* lays 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

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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### **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**

"Tremendous! *The Power of Full Engagement* is a remarkable application of the athletic metaphor to high-performing people and organizations. This reader-friendly book is filled with compelling insight, real-life illustrations, and practical to-dos. Loehr and Schwartz will inspire you to increase your energy capacity in all dimensions: physical, emotional, mental, and spiritual." (Stephen R. Covey Author, *The 7 Habits of Highly Effective People*)

"Now, and I'm sure for the future, anything that can lead to healthier minds and bodies of executives -- and therefore to more responsible leadership -- is almost a national imperative. To that end, this book is a real contribution." (Barry Diller Chairman and CEO, USA Interactive)

"A true wake-up call. At a time when the media is filled with stories of executives with warped values, this book will give you the confidence and a clear road map to tackle your problems with positive energy and

moral strength. (Dan Brestle President, Estée Lauder Companies)

"The principles articulated in *The Power of Full Engagement* have been important to me personally and as the leader of a large company. We really do have to train in business in the same way that great athletes do, learning how to peak at critical moments, but also to rest and regroup in order to build back capacity." (Scott Miller President and CEO, Hyatt Corporation)

"Fantastic! At the heart of this book is a simple truth: the secret to lasting success -- individually and organizationally -- lies in how we manage our energy. This is a phenomenal insight that most of us ignore. Tony Schwartz and Jim Loehr provide a very practical map for marshaling our energy -- physically, emotionally, mentally, and spiritually -- to live much more productive and fulfilling lives." (Marcus Buckingham Coauthor, *First, Break All The Rules* and *Now, Discover Your Strengths*)

"At last here's a book that takes on an endemic problem in American life: why do we never have enough time and energy for the things that matter most? In lucid, transparent, and elegant prose, the authors lay out a coherent solution with unassailable logic. I can't imagine any person who won't find a mirror image in every section of this book." (Betty Edwards Author, *Drawing on the Right Side of the Brain*)

## **Users Review**

### **From reader reviews:**

#### **Robert Frye:**

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the Mall. How about open or even read a book titled *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*? Maybe it is for being best activity for you. You already know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with their opinion or you have some other opinion?

#### **Jim Martin:**

Do you one among people who can't read pleasurable if the sentence chained within the straightway, hold on guys this specific aren't like that. This *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* book is readable by you who hate the straight word style. You will find the facts here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to deliver to you. The writer connected with *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* content conveys prospect easily to understand by many individuals. The printed and e-book are not different in the written content but it just different such as it. So , do you nonetheless thinking *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* is not loveable to be your top listing reading book?

**Oliver Lyle:**

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**William Reyes:**

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