



The 1 Solution for Work and Life: How to Make Your Next 30 Days the Best Ever

By Tom Connellan

Peak Performance Press. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 8.1in. x 5.6in. x 0.8in. cs2654AE3Atext-align: left;text-indent: 0pt;margin: 0pt 0pt 0pt 0pt . cs566403DEcolor: 000000;background-color: transparent;font-family: Times New Roman; font-size: 12pt; font-weight: normal; font-style: normal; Top sales reps, weight loss champs, blue chip firms, Warren Buffett, Navy SEALs, Olympians, and other winners all understand the power of 1. Packed with actionable ideas, The 1 Solution shows you how to power up your next 30 days and then keep on going at a permanently higher level. Because its based not upon opinion, but upon solid research thats backed up with real-life examples, this book is for those who want to be better right now. Connellan notes, for example, that while its virtually impossible to be 100 better than your competition, its very possible to be 1 better in hundreds of things. Connellan draws on three sources for the practical solutions he offers: 1. His background as a Research Associate and Program Director at the Michigan Business School where he was responsible for the design and implementation of 72 management development programs a year. 2. His street experience as an entrepreneur who started a company in the health promotion field and...



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