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Overworked and Overwhelmed: The Mindfulness Alternative

Scott Eblin

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Leverage mindful awareness and intention to achieve better outcomes

Overworked and Overwhelmed: The Mindfulness Alternative offers practical insights for the executive, manager or professional who feels like their RPM is maxed out in the red zone. By making the concepts and practices of mindfulness simple, practical and applicable, this book offers actionable hope for today's overworked and overwhelmed professional.

New research shows that the smartphone equipped professional is connected to work 72 hours a week. Forty eight percent of Americans report that their stress level is up and that the number one source of stress is the job pressure of a 24/7 world.

What's the alternative? Top leadership coach and educator Scott Eblin offers one in *Overworked and Overwhelmed: The Mindfulness Alternative.* While mindfulness is one of the "Top Ten Trends for 2014 and Beyond," many professionals think it's just too hard to give it a try. In this book, Eblin shows that mindfulness that makes a difference doesn't require meditating like a Buddhist monk.

Overworked and Overwhelmed is a handbook for more mindful work and living that offers:

- "Must know" mindfulness basics that today's professional needs to thrive in a 24/7 world.
- Inspiring examples of mindfulness in action from dozens of leaders ranging from a U.S. Coast Guard Commandant to the CEO of Hilton Worldwide.
- A self assessment for readers to understand how they perform at their best.
- Simple routines to reduce stress and sustain peak performance.
- A personal planning framework for creating the outcomes that matter most at home, at work and in the community.

Even small increases in mindfulness can lead to big changes in productivity and quality of life for the overworked and overwhelmed professional. *Overworked and Overwhelmed: The Mindfulness Alternative* is a guide for doing just that.

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From reader reviews:

Catherine Browning:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get lots of stress from both lifestyle and work. So , when we ask do people have free time, we will say absolutely sure. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative inside spending your spare time, often the book you have read is usually Overworked and Overwhelmed: The Mindfulness Alternative.

Melissa Sanders:

Playing with family within a park, coming to see the sea world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Overworked and Overwhelmed: The Mindfulness Alternative, you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

Joshua Allen:

The book untitled Overworked and Overwhelmed: The Mindfulness Alternative contain a lot of information on this. The writer explains your ex idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new period of time of literary works. You can easily read this book because you can keep reading your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and also order it. Have a nice learn.

Kay Newberry:

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