

REACHING THE PEAK PERFORMANCE ZONE

How to Achieve the
Ultimate Performance
Through the Power of
Mind and Body

CHRISTOPHER M. HARRIS

Reaching The Peak Performance Zone How To Motivate Yourself And Others To Excel

Connie Pheiff



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Reaching the Peak Performance Zone Gerald Kushel,1994-01 This guide offers a three part process for peak performance through self responsibility motivation and nurturing The book includes exercises scenarios and techniques to help managers to put themselves and their staff permanently in the peak performance zones increase productivity job satisfaction and enjoyment learn effective thinking techniques that enable people to take self responsibility and move ahead become an outstanding coach counsellor and nurture and make excellence the norm rather than a rare event *The Christian's Guide to Effective Personal Management, Second Edition* Kenneth W. Oosting,2009-09-01 Each of us as Christians has a challenge in how to effectively manage our own lives both personally and professionally We must address a number of issues about ourselves our faith our personal value system the implications of our being Christians our talents our spiritual gifts our formal education our abilities Building upon this exploration we need to set goals and priorities within those goals Then we must set strategies for implementing these prioritized goals toward effective personal management

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