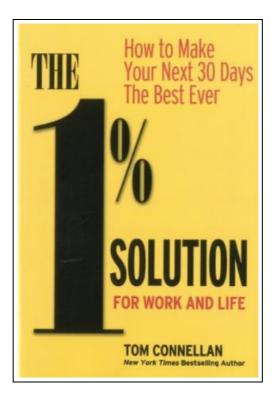
# The 1 Solution for Work and Life: How to Make Your Next 30 Days the Best Ever



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# Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

## THE 1 SOLUTION FOR WORK AND LIFE: HOW TO MAKE YOUR NEXT 30 DAYS THE BEST EVER



Peak Performance Press. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 8.1in. x 5.6in. x 0.8in. cs2654AE3Atext-align: left;textindent: 0pt;margin: 0pt 0pt 0pt 0pt . cs566403DEcolor: 000000;background-color: transparent;font-family: Times New Roman; font-size: 12pt; fontweight: 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 built it into a network of 1200 instructors serving 300 hospitals and most of the Fortune 500 companies. More than 1, 000, 000 people went through its programs and two different Surgeon General reports cited the firms program quality. 3. His current work as a keynote speaker and consultant whose clients include such diverse organizations as FedEx, TD Canada Trust, Marriott, Sobeys, Sony, Acura, BMW, Rogers Communications, Canadian Tire, Neiman Marcus, Home Depot, Target, and the military. As part of his research, he looked at individuals who worked to improve their personal and work lives. While most everyone put in...

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