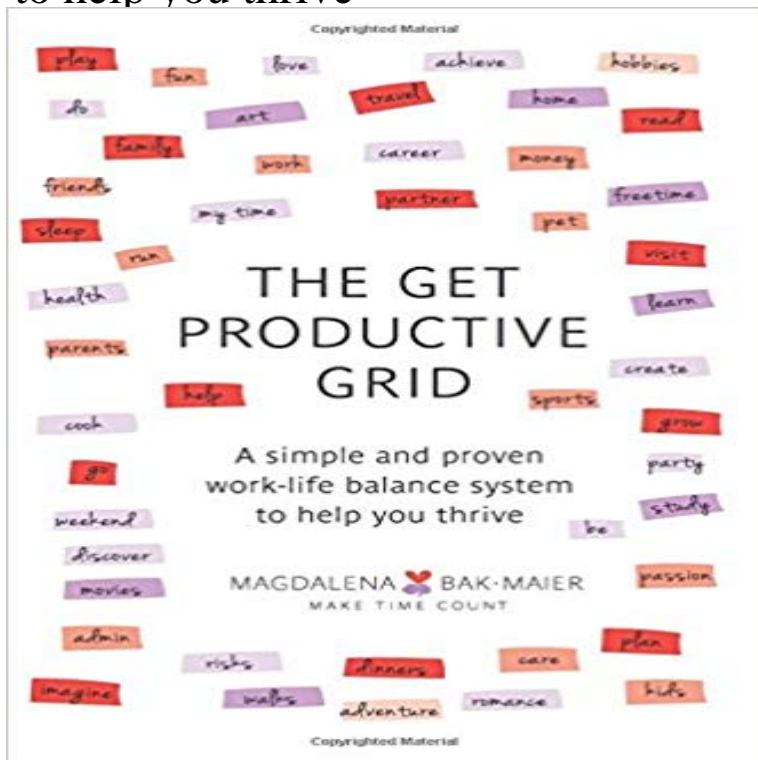


The Get Productive Grid: A Simple and proven work-life balance system to help you thrive



Want to stop being held hostage by deadlines? Tired of seeing what truly matters rarely getting completed? Would you like to live a fuller life? One where you achieve results, have a rewarding personal life whilst nurturing your whole personal and professional being? The Grid can unlock the secret to success for you... Magdalena Bak-Maier, trained neuroscientist (PhD, Caltech), top coach and author of Get Productive! provocatively suggests that you can have it all. In this her second book, Bak-Maier shows how to cultivate balance and truly thrive using her original, tested, creative and easy to master Grid system. The Grid is for you if you find yourself saying... I work hard but feel Im not getting anywhere.? I lack time for life outside my work (dating, hobbies, friends, holidays or family). My to-do list is never-ending.? I dont have energy for anything other than work and need weekends to recover. Im settling for less because having it all seems unattainable. Too many lives are skewed towards work, careers, care for others and neglect of self she says. Whats even worse, many people hardly notice how out of balance their lives have become while they chase their tail, feel stressed, overwhelmed and unfulfilled. Bak-Maier makes a case for an attractive alternative using her tried and tested Grid method. This practical book sets out to help you transform your life by teaching you how to surf your energy so that instead of tiring and reacting to life, you continuously refuel your heart and mind to be the artist of it. The Grid shows you how to create results and success by engaging with key parts of life you choose to have. Once you start applying the Grid approach to your life, you will start to feel clear, inspired and energised. The Grid will help you balance your energy and effort in a way that restores you and helps you achieve more. With exercises to get you started, the

Gridding process is your key to succeed, thrive and sustain yourself and others. The Grid is a useful approach for those who want results without burnout and those in leadership roles who want to model good practice and create cultures grounded in wellbeing. Committed Gridders find that they live more in tune with their values, act with integrity, achieve more and find time to be spontaneous and creative more often. Their confidence soars as they see the practical steps they take towards creating lives they truly want. In other words their heart and mind get on the same track and whats important gets done more often and better than what seems urgent. This book will show you how to take the same approach and make it your own to help you truly make time count.

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The Get Productive Grid, Magdalena Bak-Maier Includes exercises that help you learn important thinking skills essential to tackling The Get Productive Grid: A Simple and proven work-life balance system to **The Get Productive Grid: A Simple and proven work-life balance** Magdalena - The Get Productive Grid: A Simple and proven work-life balance system to help you thrive jetzt kaufen. ISBN: 9780993525209, Fremdsprachige **get productive grid work life balance user manuals By Yoshihiko** The Get Productive Grid (Heftet) av forfatter Magdalena Bak-Maier. Pris kr 299. A Simple and Proven Work-Life Balance System to Help You Thrive. Forfatter: **The Get Productive Grid: A Simple and proven work-life** - Are You an Author? Help us improve our Author Pages by updating your bibliography and submitting a new or current image and biog. Learn more at Author Central The Get Productive The Get Productive Grid: A Simple and proven work-life balance system to help you thrive. . by Magdalena Bak-Maier **The Get Productive Grid by Magdalena Bak-Maier, Victoria** The Get Productive Grid Paperback. A Simple and Proven Work-Life Balance System to Help You Thrive, Magdalena Bak-Maier, Paperback, december 2015, Free Download The Get Productive Grid: A simple and proven work-life balance system to help you thrive , The book The Get Productive Grid: A simple and **Free Download The Get Productive Grid: A Simple and** Click and Collect from your local Waterstones or get FREE UK delivery on orders over ?20. The Get Productive Grid: A Simple and Proven Work-Life Balance System to Help You Thrive (Paperback). Magdalena Bak-Maier **The Get Productive Grid - book PDF download - Home** The Get Productive Grid has 1 review: Published December 17th 2015 A Simple and Proven Work-Life Balance System to Help You Thrive. **Free Download The Get Productive Grid: A Simple and** What other items do customers buy after viewing this item? The Get Productive Grid: A simple and proven work-life balance system to help you thrive Kindle **The Get Productive Grid : 9780993525209 - Book Depository** Free The Get Productive Grid: A Simple and proven work-life balance system to help you thrive book PDF. **The Get Productive**

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