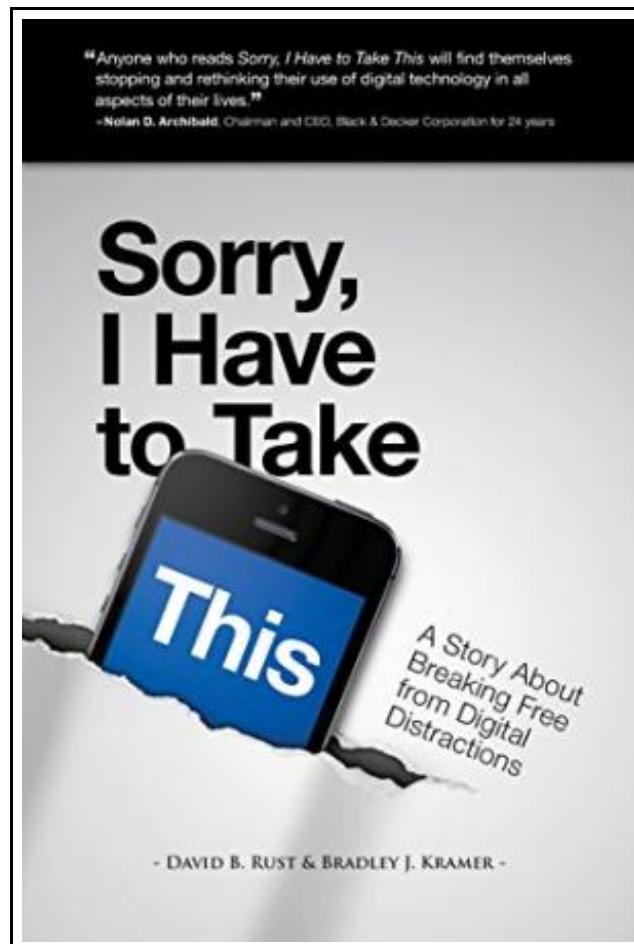


Sorry, I Have to Take This: Breaking Free from Digital Distractions



Filesize: 8.06 MB

Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

(Dr. Reta Murphy)

SORRY, I HAVE TO TAKE THIS: BREAKING FREE FROM DIGITAL DISTRACTIONS



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 270 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. With insistent cell-phone calls, incessant e-mails, and the constant temptation to surf the web or troll social media sites, digital distraction is one of the most challenging problems business professionals face in the Too Much Information Age. It steals their time, wastes their money, and generally decreases their ability to react creatively and coherently to today's ever-changing business environment. Sorry, I Have to Take This tackles digital distraction head on. Drawing upon a decade of practical experience helping business professionals overcome this problem, Rust and Kramer teach professionals how to utilize three seemingly simple principles: Focus, Concentration, and Authenticity. In this book, the authors first explore these principles through the story of a sales vice president who struggles with information overload. They then follow this story with a summary of their most important points coupled with practical tips on how to implement them and assessments to help readers measure their progress. This is a wonderful book . . . anyone who reads Sorry, I Have to Take This will find themselves stopping and rethinking their use of digital technology in all aspects of their lives. David Rust and Bradley Kramers principles of Actual reality is better than virtual reality and Quality of the day would make anyone rethink their use of cell phones and iPads. If you are looking to improve your quality of life, this is a must-read book. Nolan D. Archibald, Chairman and CEO, Black and Decker Corporation for 24 years A critical resource for businesspeople across the globe, Sorry, I Have to Take This is the ideal blueprint for maintaining focus and achieving maximum effectiveness in today's fast paced, digitally-saturated business world. Between texts, tweets, e-mails, instant messages, mobile...



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