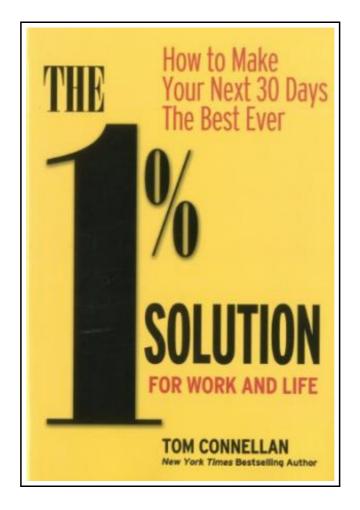
# The 1 Solution for Work and Life: How to Make Your Next 30 Days the Best Ever



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### Reviews

An extremely wonderful book with perfect and lucid information. This can be for all those who statte there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

(Kaelyn Reichel)

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



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Peak Performance Press. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 8.1in. x 5.6in. x 0.8in. cs2654AE3Atext-align: left;text-indent: 0pt;margin: 0pt 0pt 0pt 0pt . cs566403DEcolor: 000000;backgroundcolor: transparent;font-family: Times New Roman; font-size: 12pt; font-weight: 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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