



Thrive 9 to 5: Your Guide to Peak Performance at Work (paperback)

Kristi Daniels

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Thrive 9 to 5: Your Guide to Peak Performance at Work is your personal roadmap to peak performance. It's time to get into your thrive zone!

Does your daily routine leave you exhausted, deflated or feeling stuck in a rut? Are you ready to snap out of unconscious living and start fueling your mind and body for optimal performance, so you can be as smart, creative and focused as you can be?

It's time to rev up your internal motivation, declare higher standards, create better structures in your work routine and make healthy habits stick.

Professionals today are working longer for less and juggling the pressing demands of career, health and happiness. Struggle no more and shoot for the moon, not mediocrity!

Thrive 9 to 5: Your Guide to Peak Performance at Work is a proven program for every stressed out, undervalued and exhausted professional who wants to boost his or her brain power, health and happiness at work.

Kristi Daniels' method gives you the principles to thrive in any demanding work environment. Follow her three strategies - awareness, intention and action - to long lasting behavior change. Filled with practical tips, this book will help you improve your energy, focus and adaptability and take consistent action for success.

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