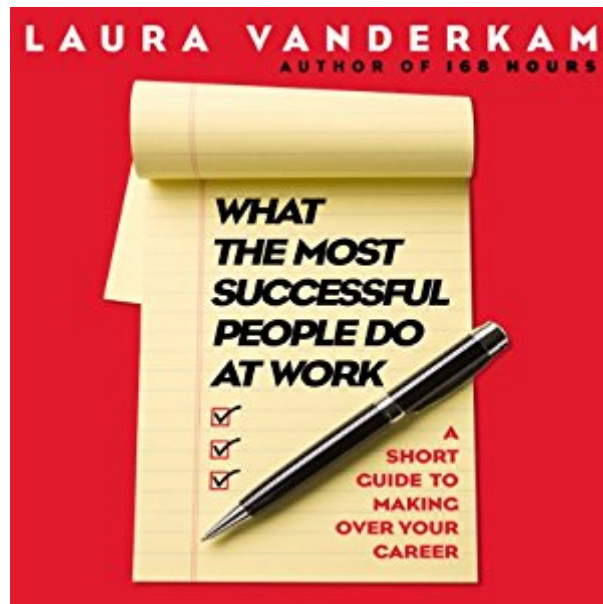


The book was found

What The Most Successful People Do At Work: A Short Guide To Making Over Your Career



Synopsis

The third mini-audiobook by the acclaimed author of *What the Most Successful People Do Before Breakfast* reveals how a few simple changes can make you more productive and fulfilled in your career. In her best-selling mini-audiobook *What the Most Successful People Do Before Breakfast*, Laura Vanderkam showed us how to take advantage of our often ignored morning hours to achieve our dreams. Then in the sequel, *What the Most Successful People Do on the Weekend*, she revealed why the key to a better week is a better weekend. Now, in the third mini-audiobook of this trilogy, *What the Most Successful People Do at Work*, Vanderkam shows us how to ignite our careers by taking control of our work days. For many of us, the typical workday makes us feel like hamsters on the proverbial wheel. Plagued by crises and distractions, we work hard all day. But when we go home we're not much closer to reaching our goals. But it doesn't have to be that way. Vanderkam shows how successful people employ certain daily practices to make sure their work hours are invested, not squandered. Drawing on research and interviews with people as varied as children's book illustrator LeUyen Pham, productivity guru David Allen, fitness personality Chalene Johnson, and former race car driver Sarah Fisher, Vanderkam shows how to take control of your career by taking control of your nine-to-five.

Book Information

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Customer Reviews

I finished reading Vanderkam's new book this morning. It was short and I liked it. In her book, Vanderkam discusses the similarities between successful people in different careers. As is her style,

the book showcases a handful of individuals who are prolific. Vanderkam highlights and persuasively recommends implementing certain strategies for increasing the quality of the work one produces during work hours. She does not recommend increasing the number of hours you work, rather approaching those limited hours differently. I think that a lot of people will notice that the general recommendations Vanderkam presents are not new to the scene. Suggestions like "plan your workday," "keep track of how long tasks take or should take," or "monitor your progress regularly," etc., are mainstays of a lot of self-help books. So, in this respect there's nothing new here. But, I kind of think that there shouldn't be. There is no magical knowledge that makes some people better at work than others and it's folly to look for it. (I think that learning to make better use of time is like learning to lose weight. We know what to do but hope nonetheless to encounter the magical supplement, exercise or device that will make it effortless.) Since that there is only so much time available to us for work, and this amount of time is the same for the successful people out there as it is for the unsuccessful. The difference lies in the quality and (perhaps to a lesser degree) the quantity of the work one can produce in the same amount of time. Vanderkam's book is a boon because it doesn't offer a rigid productivity system. Rather, she shows you how real people incorporate, for example, planning in different ways. One person in her book plans for a few hours every day the rest of her day.

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