



## Master the Moment: Fifty CEOs teach you the secrets of time management

*Pat Brans*

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High achievers are not necessarily smarter or putting in more effort than those around them. But they do have different attitudes and are more careful how they use time. Pat Brans features material from interviews with CEOs of 50 companies including Columbia Sportswear, Dell, Southwest Airlines, and Virgin. The powerful ideas in the book are backed up with scientific research in areas such as motivation, procrastination, habit forming, and physical fitness.



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**From reader reviews:**

**Detra Satterwhite:**

Playing with family within a park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Master the Moment: Fifty CEOs teach you the secrets of time management, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

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