



## Be Excellent at Anything: The Four Keys to Transforming the Way We Work and Live

By Tony Schwartz

Free Press. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.4in. x 5.5in. x 1.0in. Be Excellent at Anything is one of those rare books with the power to profoundly transform the way we work and live. Demand is exceeding our capacity. The ethic of more, bigger, faster exacts a series of silent but pernicious costs at work, undermining our energy, focus, creativity, and passion. Nearly 75 percent of employees around the world feel disengaged at work every day. Be Excellent at Anything offers a groundbreaking approach to reenergizing our lives so we're both more satisfied and more productive on the job and off. By integrating multidisciplinary findings from the science of high performance, Tony Schwartz, coauthor of the 1 bestselling *The Power of Full Engagement*, makes a persuasive case that we're neglecting the four core needs that energize great performance: sustainability (physical); security (emotional); self-expression (mental); and significance (spiritual). Rather than running like computers at high speeds for long periods, we're at our best when we pulse rhythmically between expending and regularly renewing energy across each of our four needs. Organizations undermine sustainable high performance by forever seeking to get more out of their people. Instead they should seek systematically to...



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