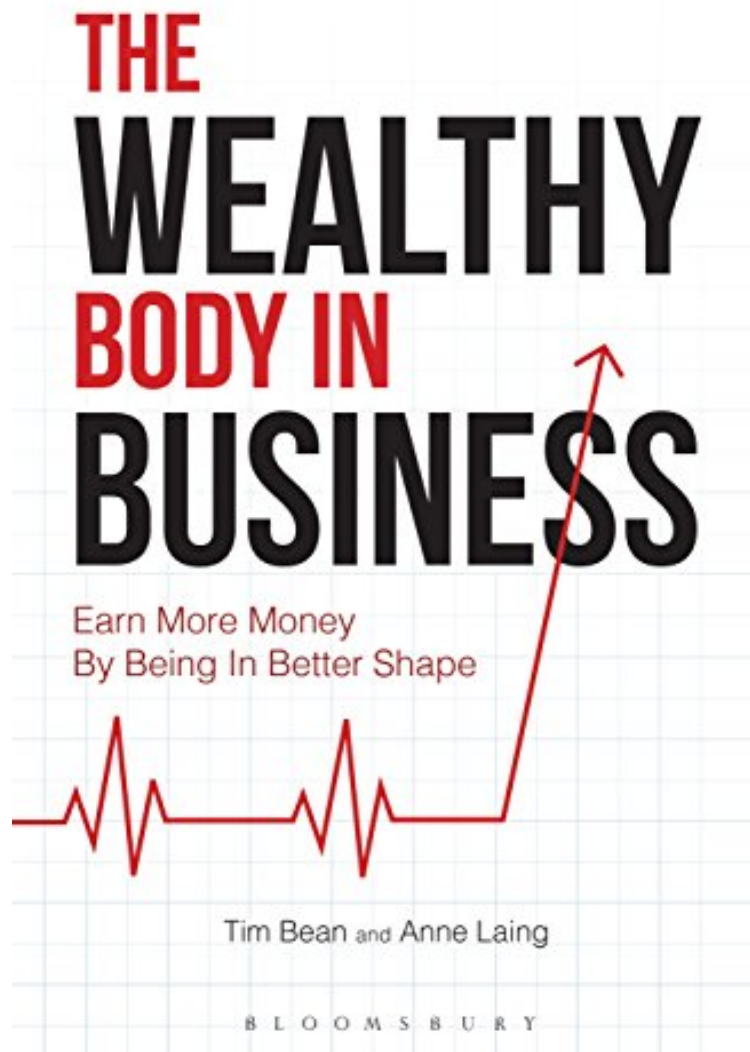


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The Wealthy Body In Business: Earn More Money By Being In Better Shape

Tim Bean, Anne Laing
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Tim Bean, Anne Laing : The Wealthy Body In Business: Earn More Money By Being In Better Shape before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Wealthy Body In Business: Earn More Money By Being In Better Shape:

The business world is getting tougher rather than easier, faster rather than slower, and more stressful rather than less.

The city is uploading more pressure, and companies are downsizing their key talent. Yet none of us is getting any younger. Instead of becoming stronger, leaner, fitter, faster, more energised and more engaged, we're mostly getting, slower, sicker, fatter and weaker. At senior levels the gap between expectations to lead and perform, and the ability and capacity to do so is ever widening. Something has to give, and it is. People in business are crumbling under the load, fading under the pressure, and dying under their desks. The cost to business, to family and to society is massive and incalculable. *The Wealthy Body in Business* is a behind-the-scenes insight; an insider's guide to the most successful strategies, tips and best practices that we have used successfully with our private clients at the top levels of business over the years. We work with executives, directors, leaders and luminaries; all high profile, high-flying men and women; entrepreneurs operating at the hard edge of business, where the pressures are enormous, the stakes are highest - and the cost of failure is inconceivable. In applying these simple but robust remedies, you will find yourself becoming leaner, stronger, smarter, sharper, more confident, more agile, and a whole lot less stressed than you've ever been. Start making better decisions, becoming better leaders, and exponentially extend your influence and earning capacity. Become happier, healthier and more successful. Love the way you feel about life and about business. Your families will love it, your employees will enjoy it, and your doctor will thank you for it. Aimed squarely at high-performing individuals, the message from this book is clear: People who are in better shape age better with more energy, are sleeping better, less stressed, thinking smarter, feeling healthier, working better, always being on top of their game, and will always be more successful in business, and in life.

"As scientists and physicians, we know the ageing process in men and women is complex. In many different ways, the body gradually ceases to operate as optimally as it did when it was younger. Most often we can view this as an accumulation of physiological errors that did not exist in our earlier years. However, although no one can stop the process of getting chronologically older, there is much that can be done to halt or even reverse the damage caused by lifestyle factors. For many years, Tim Bean and Anne Laing have been changing the lives and lifestyles of men and women who face the daily challenges of corporate life. They have combined their deep understanding of the business community with a physiological approach to proactive wellness. Their approach blends best practices in exercise, nutrition, regeneration and restorative medicine, and integrates these into the high-pressure corporate lifestyle. This book presents the case for executive well-being in a practical and sensible manner, yet has been written from the heart using real stories about real people. It exposes common health issues and offers realistic solutions. It goes beyond the boundaries of traditional wellness programmes by offering a fully rounded approach and I applaud what the authors have set out to achieve. I trust you will enjoy reading this book, and I hope you take full advantage of the wisdom and information it contains." - Dr Sergey Dzugan, MD, PhD

"In this book, Tim Bean and Anne Laing share countless insights and actionable advice that can help anyone experience the benefits of good health. Executives in particular should pay careful attention to chapters about the brain-body connection, corporate career killers, and ageing. These authors know their material and I am pleased to see their insights now available to us all." - Prof Dr Michael Netzley, Academic Director, SMU-ExD Executive Development, Singapore

"the go-to couple for the kind of mind-body athleticism that is becoming as essential to making it in business as an impeccable CV, and people pay a great deal for their expertise in the belief that their careers may depend on it" - The Times

"*The Wealthy Body* is based around the idea that a healthy body equals a high-performance mind. The authors claim that following their fitness strategies will make you leaner, stronger, smarter, sharper, more confident and less stressed . . . It's a convincing argument" - Health Fitness

"In this book, Tim and Anne Laing share countless insights and actionable advice that can help anyone experience the benefits of good health. Executives in particular should pay careful attention to chapters about the brain-body connection, corporate career killers, and ageing. These authors know their material and I am pleased to see their insights now available to us all." - Prof Dr Michael Netzley, Academic Director, SMU-ExD Executive, Singapore

About the Author Tim Bean is a longevity specialist, keynote speaker, TV presenter, and author. Tim is on the senior faculty for Duke Corporate Education, and lectures at corporate events, medical conferences, and business universities around the world. Anne Laing is a researcher and health campaigner, specializing within the weight-loss, anti-aging, and beauty world.