

THE

5 CHOICES

THE PATH TO
EXTRAORDINARY
PRODUCTIVITY

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Read by Kory Kogon and Adam Merrill,
and including an interview with the authors

Franklin Covey Co.

The 5 Choices Achieving Extraordinary Productivity Without Getting Buried Alive

Kory Kogon



The 5 Choices Achieving Extraordinary Productivity Without Getting Buried Alive:

The 5 Choices Kory Kogon,Adam Merrill,Leena Rinne,2014-12-30 Time management for the 21st century Jacket **The Neurology of Consciousness** Steven Laureys,Olivia Gosseries,Giulio Tononi,2015-08-12 The second edition of The Neurology of Consciousness is a comprehensive update of this ground breaking work on human consciousness the first book in this area to summarize the neuroanatomical and functional underpinnings of consciousness by emphasizing a lesional approach offered by the study of neurological patients Since the publication of the first edition in 2009 new methodologies have made consciousness much more accessible scientifically and in particular the study of disorders disruptions and disturbances of consciousness has added tremendously to our understanding of the biological basis of human consciousness The publication of a new edition is both critical and timely for continued understanding of the field of consciousness In this critical and timely update revised and new contributions by internationally renowned researchers edited by the leaders in the field of consciousness research provide a unique and comprehensive focus on human consciousness The new edition of The Neurobiology of Consciousness will continue to be an indispensable resource for researchers and students working on the cognitive neuroscience of consciousness and related disorders as well as for neuroscientists psychologists psychiatrists and neurologists contemplating consciousness as one of the philosophical ethical sociological political and religious questions of our time New chapters on the neuroanatomical basis of consciousness and short term memory and expanded coverage of comas and neuroethics including the ethics of brain death The first comprehensive authoritative collection to describe disorders of consciousness and how they are used to study and understand the neural correlates of conscious perception in humans Includes both revised and new chapters from the top international researchers in the field including Christof Koch Marcus Raichle Nicholas Schiff Joseph Fins and Michael Gazzaniga **The 5 Choices** Kory Kogon,Adam Merrill,Leena Rinne,2014-12-30 The 5 Choices provides the methods to get the right things done not try to get everything done and to feel like you made a meaningful contribution at the end of the day Kevin Turner former COO of Microsoft For fans of Deep Work Great at Work and the 7 Habits of Highly Effective People The 5 Choices is an essential guide for understanding productivity and time management in the 21st century Every day brings us a crushing wave of demands a barrage of texts emails interruptions meetings phone calls tweets breaking news not to mention the high pressure demands of our jobs which can be overwhelming and exhausting The sheer number of distractions can threaten our ability to think clearly make good decisions and accomplish what matters most leaving us worn out and frustrated From the business experts at FranklinCovey The 5 Choices is an exploration of modern productivity It offers powerful insights drawn from the latest neuroscience research and decades of experience in the time management field to help you master your attention and energy management The 5 Choices is time management redefined through five fundamental choices it increases the productivity of individuals teams and organizations and empowers individuals to make selective high impact choices about where to invest their valuable time

attention and energy The 5 Choices like Act on the Important Don't React to the Urgent and Rule Your Technology Don't Let It Rule You will not only increase your productivity but also provide a renewed sense of engagement and accomplishment You will quickly find yourself moving beyond thinking I was so busy today what did I actually accomplish to confidently realizing I did everything I needed to accomplish today and did it meaningfully **Bulletin of the Atomic Scientists** ,1970-12 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world *New York Times Saturday Review of Books and Art* ,1969 *The 5 Choices* ,2017 [The 5 Choices](#) ,2018 The time management experts at FranklinCovey share their five critical techniques for avoiding distractions and paying focused attention to our most important goals and tasks in our daily lives This book fits a real need in these turbulent but opportunity rich times Steve Forbes Every day brings us a crushing wave of demands a barrage of texts emails interruptions meetings phone calls tweets blogs not to mention the high pressure demands of our jobs which can be overwhelming and exhausting The sheer number of distractions can threaten our ability to think clearly make good decisions and accomplish what matters most leaving us worn out and unfulfilled Now FranklinCovey offers powerful insights drawn from the latest neuroscience and decades of experience and research in the time management field to help you master your attention and energy management through five fundamental choices that will increase your ability to achieve what matters most to you The 5 Choices is time management redefined it increases the productivity of individuals teams and organizations and empowers you to make more selective high impact choices about where to invest your valuable time attention and energy The 5 Choices from Act on the Important Don't React to the Urgent to Rule Your Technology Don't Let It Rule You will not only increase your productivity it will also provide a renewed sense of engagement and accomplishment You will quickly find yourself moving beyond thinking I was so busy today what did I actually accomplish to feeling confident energized and extraordinarily productive **The 5 Choices** Kory Kogon,2015

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