

[PDF] Read High Performance Habits: How Extraordinary People Become That Way Full Book

Book details:

Author: *Brendon Burchard*

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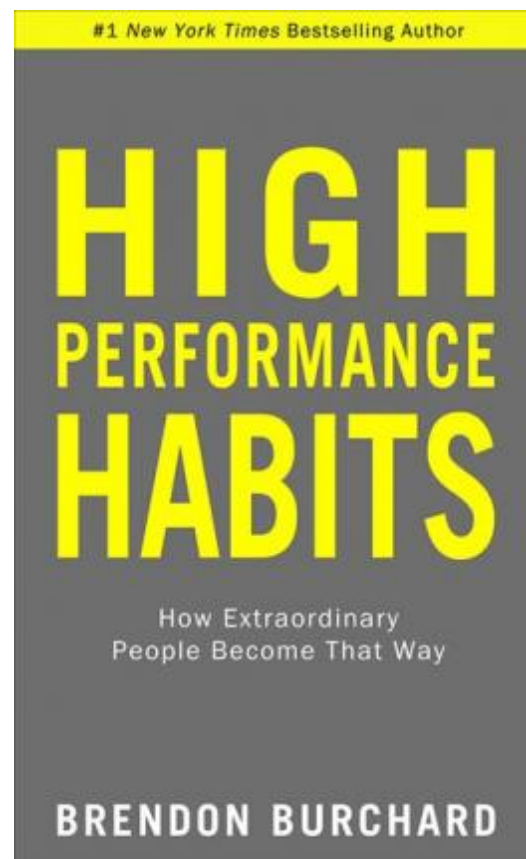
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Book Synopsis:

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most? After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. This book is about the art and science of how to cultivate and practice these proven habits. Whether you want to get more

done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

Recommendations:

About Brendon Burchard

BRENDON BURCHARD is the world's leading high performance coach and one of the most watched, quoted, and followed personal development trainers in history. SUCCESS magazine and O, The Oprah Magazine have both named him one of the most influential leaders in personal growth and achievement. He has trained and certified more people on the topic of high performance than anyone in the world. Brendon is a #1 New York Times, #1 USA TODAY, and #1 Wall Street Journal best-selling author, whose books include The Motivation Manifesto, The Charge, The Millionaire Messenger, and Life's Golden Ticket. An early pioneer in online education, Brendon's personal development videos have now been viewed over 100,000,000 times. More than 1.6 million people have taken his online courses or video series. He is also a Top 100 Most Followed Public Figure on Facebook and the star of the most watched self-help show on YouTube. For these results, Oprah.com named him "one of the most successful online trainers in history." As CEO of the High Performance Institute, Brendon leads a team of coaches, creators, and researchers whose mission is to help people create and enjoy extraordinary lives. He travels the globe speaking, and serves as the lead trainer at High Performance Academy and an Innovation Board member at XPRIZE. Meet him at Brendon.com.

Review Text

Top 100 Most Followed Public Figure in the World.