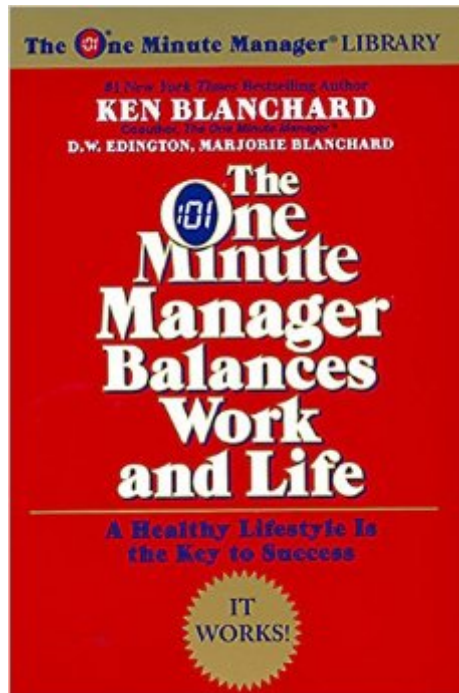


The book was found

The One Minute Manager Balances Work And Life



Synopsis

This is the story of a One Minute Manager who was so successful in every way that he forgot one important thing: He forgot to stay physically fit. He was so much in demand that he ate on the run, didn't take time to exercise, and all the while saw his weight balloon and his breath grow shorter. He soon discovered success in business was endangering his health. His life was out of balance. For all those busy, achieving people with overcrowded schedules, here is a useful blueprint that shows how to manage stress and make a lifetime commitment to fitness and well-being. By following four important strategies for balancing a complicated life, everyone can get their bodies back into shape and their lives into proper perspective. The One Minute Manager Balances Work and Life offers a way to achieve not only a new, healthier style of living but increased productivity as well. For the millions of readers of Ken Blanchard's bestselling books--including Raving Fans and Gung Ho!--here's invaluable advice for getting the most out of life.

Book Information

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Customer Reviews

This book was originally published under the title "The One Minute Manager Gets Fit." An even better title would have been "The One Minute Manager Takes Care of Himself." The entire volume emphasizes the importance of taking of oneself so that effectiveness in all other areas of life will be at a maximum. There are four components presented here to insure a fit, healthy life: autonomy, connectedness, perspective and tone. Autonomy pertains to getting control of one's personal schedule so that there is enough time for self-care. Connectedness refers to having a strong,

interpersonal support network to keep on track with proper fitness, nutrition, etc. Perspective pertains to how well one views his own life. Tone refers to the actual physical condition and health of a person's body, mind and emotions. This title should be at the top of the list for "One Minute" fans. The format is the same as all the other books in the series and the principles are life-changing. For some persons, this book may even be life-saving!

I'm guessing the book was retitled to what is now to attract more readers. However, the content doesn't match the title. This is all about the importance of staying fit and being healthy. If that's what you're looking for, this book is for you. But if you're looking to balance work/life, there are better books to purchase.

This book was originally published in 1986 as "The One Minute Manager Gets Fit" and is well worth every minute you take to read it! It is written in the classic "one minute manager" style and shows you exactly how you can balance your life by adjusting your lifestyle. I enjoyed the easy to read layout and found it to be a quick, yet revolutionary, read. I picked it up on a lark and I'm glad I did. It's never too late (or too early) to start becoming healthy. Highly recommended for anyone who wants to get their life in order, but thinks they are too busy to dedicate the time to start.

I had a manager 20 years ago who depended almost solely on Ken Blanchard's books. My son is a general manager in a company, and he is a tremendously dedicated and hard working person. Thinking like a mom, I was wondering what I could do to make his life a little better. I did not think these books would go to waste, and I certainly didn't think they could do any harm. He loves them & finds them very useful!

I enjoyed this read as it was short and easy to get through but it really goes over the same things that most of these types of books do. I will say that for such a short book it's definitely worth the read even if it's just to remind yourself of some important concepts you might've forgotten along the way. I really like *The One Minute Manager* and *The One Minute Manager Meets the Monkey* but most of these "One Minute" books are quite similar so I wouldn't necessarily suggest going out and buying any of them. Check them out from the library or borrow from a friend.

I found this an easy read. It was motivational in that it helped me see that you have to make time for yourself. You have to be healthy and rested before you can put your best efforts out there for

everyone to see. It was a short book, and was a quick read . It helped me, and I would recommend it to anyone that wants to improve their business outlook.

For a change, the One Minute Manager is a student in this book. Despite his professional success and fame, he realizes that he has neglected his own physical well being over the years. Then comes a professor who teaches him to put physical fitness first. There is a simple questionnaire (The Professor's dozen) that the one minute manager needs to answer. It applies to all of us. Depending on the score on this, one may decide the true state of ones "Tone", the word that is used to describe the physical well being of the individual. The four parameters (or moderators that prevent stress) responsible for sustained success in work and life are: 1. Autonomy : The availability of many choices that give good control in life 2. Connectedness : Strong positive relationship at home, at work and in the community 3. Perspective: The direction, purpose and passion about what one is doing. 4. Tone: The feeling about the body, energy level, physical well being and appearance. In a remarkable way, the clear connection between Tone as the enabler for the other three moderators is brought out in this book. The illustrations that support the concepts are excellent. Organizations spend billions of dollars in health care and suffer productivity loss due to the lack of physical well being of their employees. Employees on the other hand are sacrificing their health in the process of achieving career advancement. "In early life, people give up their health to gain wealth. Then, later in life they give up some wealth to regain health." This book is for HR managers and employees at all levels to help achieve substantial gains for the Organization; through employee well being that needs serious attention; as much as we do for career planning.

Ken Blanchard's little One Minute Manager books define a genre. Neither riveting reading nor high-stakes illumination, they simply get a message across effectively to the management reader who is not too concerned with aesthetics. Even the illustrations are garden-variety basic. Yet these books have sold millions and they work. The One Minute Manager Balances Work and Life presents the usual contrived encounter between the One Minute Manager and another of the usual subjects, this time the Professor. Somewhat off the beaten path, this time it is the One Minute Manager Himself who is desperately in need. Since we last saw him contentedly setting the organization world right, he has foolishly transformed himself into an overweight, out-of-breath victim of his own success. Bad One Minute Manager! This gives him the chance to narrate his own turn-around process, a conversion that I must admit I find rather inspiring. Along the way one is treated to the usual locked doors when he tries to slip away from responsibility for the situation. This habit of

assigning personal responsibility is perhaps one of the keys to the success of this series. If you need to balance work and life, pick up one of these little books on the cheap.

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