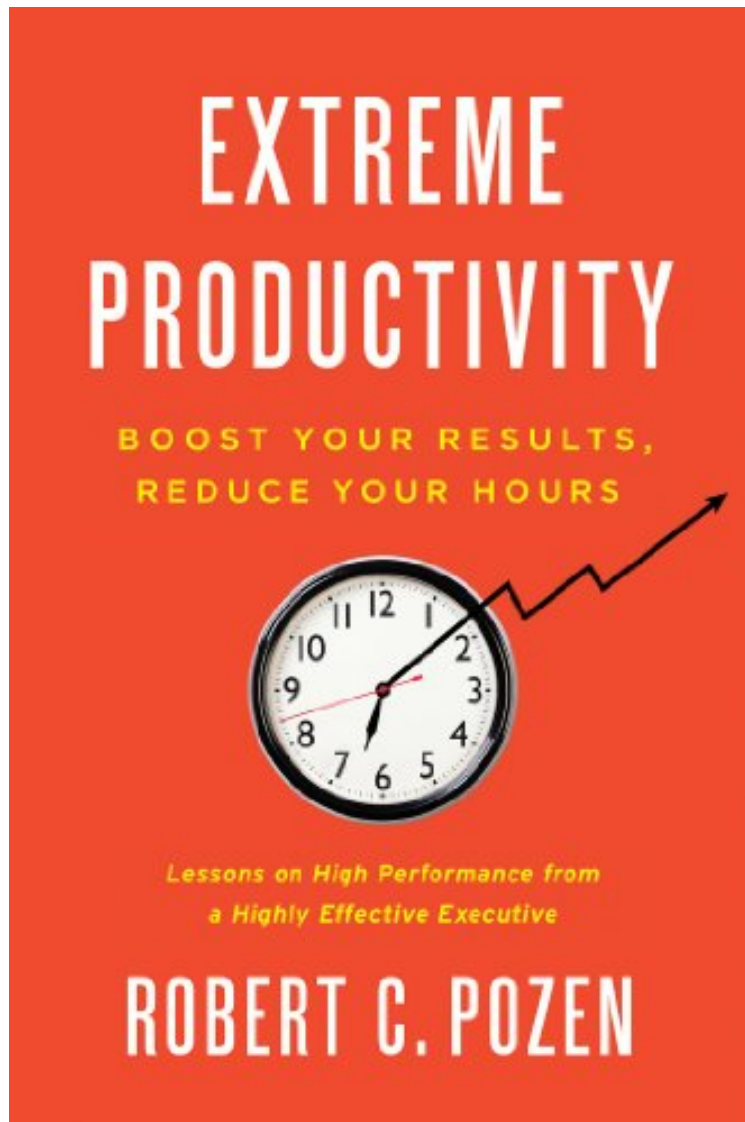


[FREE] Extreme Productivity: Boost Your Results, Reduce Your Hours

Extreme Productivity: Boost Your Results, Reduce Your Hours

Robert C. Pozen

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Robert C. Pozen : Extreme Productivity: Boost Your Results, Reduce Your Hours before purchasing it in order to gauge whether or not it would be worth my time, and all praised Extreme Productivity: Boost Your Results, Reduce Your Hours:

54 of 58 people found the following review helpful. Hardly Extreme...By DHI consider myself a highly productive person, but I have always wondered about the secrets of those rare individuals who seem inhumanly prolific. The book jacket sets up this promise by describing the author as teaching a "full course load at Harvard Business School while serving as the full-time chairman of a global financial-services firm...written six books...hundreds of articles...raised a family...." Imagine my surprise when the one example the author gives for a typical calendar day includes almost none

of these activities, but rather is typical white collar day that begins at 8:30 a.m., includes some ordinary-sounding meetings and some mid-morning exercise, and ends around 6 p.m. These examples don't suggest any "extreme" productivity or any apparent reduction in typical working hours as suggested in the title, unless you are comparing his hours to those of young investment bankers. Some of the the author's more provocative suggestions (such as mid-day naps) would be very difficult to achieve in some environments, i.e. in a union-based work setting or in open office interior designs. I was hoping to see how the author would adapt his advice to these challenges, but I ultimately felt his key message was to find a different job or try to change the system. Admittedly, there are some common sense tips and reminders that may be helpful for someone new to the working world, and certainly I have colleagues who could benefit from advice about topics like prioritization and meeting facilitation. Ultimately, anyone who follows the author's recommendations should be reasonably productive, but it turns out there is no special sauce to "extreme" productivity.

2 of 2 people found the following review helpful. Practical advice supported by research and application. By Mr White Upon first being recommended the book I was somewhat skeptical due to the gimmicky title. But I was thoroughly impressed by Mr Pozen's effort after reading through. For all the chronic procrastinators out there, there is an enormous amount of pseudo-scientific strategy and bro-science offered on the internet. Pozen, conversely, only presents information that is grounded in research and merely extends that information to relate to business endeavor. Pozen does not offer a magical or inexplicable solutions to productivity woes, he merely categorizes and explains an array of optimization techniques, that when applied in unison, will add to form noticeable productivity gains. Pozen's prose is efficient, uncomplicated and conveniently summarized where possible. It was almost as though it was written for the busy executive who can only switch on his Ipad for 5 minute intervals during a lull in a meeting. The section on team management probably should have been written less definitively, but the majority of the content was satisfying and applicable. To summarize, this guy aint Pozen.

14 of 15 people found the following review helpful. Slightly disappointing By W. Weber He author tries to cram too much in this book: time management, self-motivation, presentation, etc. There are better books on these particular subjects (Dummies series). The personal experiences of the author are interesting a first, but get a bit tedious after a while. The book can be summarised as follows: When planning, write it down Take afternoon naps Bob Pozen is awesome

ldquo;Required reading for professionalsmdash;and aspiring professionalsmdash;of all levels.rdquo;mdash;Shirley Ann Jackson, President of Rensselaer Polytechnic Institute and Former Chairman of U.S. Nuclear Regulatory Commissionldquo;Read this book if you want to learn how to run efficient and effective meetingsmdash;or how to avoid them altogether.rdquo;mdash;J. Michael Cook, Director of Comcast and IFF, Chairman and CEO Emeritus of Deloitte Robert C. Pozen, one of the business world's most successfulmdash;and productivemdash;executives, reveals the surprising secrets to workplace productivity and high performance. Extreme Productivity is an essential handbook for every business professional, empowering them with proven methods for prioritizing efficiently and maximizing time at work, while leading a full and productive personal life as well.