



Master the Moment: Fifty CEOs teach you the secrets of time management

By Pat Brans



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High achievers are not necessarily smarter or putting in more effort than those around them. But they do have different attitudes and are more careful how they use time. Pat Brans features material from interviews with CEOs of 50 companies including Columbia Sportswear, Dell, Southwest Airlines, and Virgin. The powerful ideas in the book are backed up with scientific research in areas such as motivation, procrastination, habit forming, and physical fitness.

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Editorial Review

Review

Pat Brans' compelling book shows you how to get more done faster than ever before. More importantly, you'll learn to do things of greater value. -- Brian Tracy History's greatest leaders understood the importance of time management. Master the Moment by Pat Brans is the best book I have ever read on the subject. Exhaustively researched, skillfully conveyed, and insightful in its applications, this book should be required reading for anyone who aspires to be an effective leader. -- Donald T. Phillips Pat Brans has grilled dozens of top achievers for their secrets. This book is a lively, entertaining, and inspiring compilation of their wisdom. Every reader will find some useful tips for a better, happier, more successful life. -- Dr. Roy F. Baumeister This book is strewn with pearls of practical wisdom on the art of time management gleaned from fifty chief executives. It is a great guide to becoming a better time manager, especially for those in more senior leadership positions. Lively, stimulating and fun. -- John Adair Master the Moment is the most complete book on time management I've seen. It explains underlying ideas, it provides useful techniques, and it even includes a well-founded and practical approach to changing habits. -- Brad Stock American Chamber of Commerce, Lyon, France Pat Brans gives us a tool for self discovery - to find what we do best and where we fall short with Father Time. Looking through the eyes of the world's highest achievers, this book will guide you to see yourself at the head of the boardroom (or of your family) and provide you tips on how to live a fuller life. -- Roby Chavez Fox Television Inc., Washington DC Pat Brans' style--anecdotal and practical--makes Master The Moment a true pleasure to read. Beyond entertaining and insightful, it is full of stories that are both useful and inspirational. The examples demonstrate that the people who accomplish remarkable things in business are not those with the most "natural talent", but rather those who are most willing to evolve and improve. Time management is a learned skill, and we can all learn from this book. -- John Sadowsky

From the Inside Flap

"Pat Brans' compelling book shows you how to get more done faster than ever before. More importantly, you'll learn to do things of greater value."

-- Brian Tracy, Author, Time Power and Eat That Frog

"History's greatest leaders understood the importance of time management. Master the Moment by Pat Brans is the best book I have ever read on the subject. Exhaustively researched, skillfully conveyed, and insightful in its applications, this book should be required reading for anyone who aspires to be an effective leader." ?
-- Donald T. Phillips, Author, Lincoln On Leadership

"Pat Brans has grilled dozens of top achievers for their secrets. This book is a lively, entertaining, and inspiring compilation of their wisdom. Every reader will find some useful tips for a better, happier, more successful life." ?

-- Dr. Roy F. Baumeister, Author, Is There Anything Good About Men?

"This book is strewn with pearls of practical wisdom on the art of time management gleaned from fifty chief executives. It is a great guide to becoming a better time manager, especially for those in more senior leadership positions. Lively, stimulating and fun." ?

-- John Adair, Author, Effective Leadership Development

"Master the Moment is the most complete book on time management I've seen. It explains underlying ideas,

it provides useful techniques, and it even includes a well-founded and practical approach to changing habits."

-- Brad Stock, President of the American Chamber of Commerce in Lyon, France

"Pat Brans gives us a tool for self discovery - to find what we do best and where we fall short with Father Time. Looking through the eyes of the world's highest achievers, this book will guide you to see yourself at the head of the boardroom (or of your family) and provide you tips on how to live a fuller life."

-- Roby Chavez, Reporter, Fox Television Inc., Washington, DC

"Pat Brans' style - anecdotal and practical - makes *Master The Moment* a true pleasure to read. Beyond entertaining and insightful, it is full of stories that are both useful and inspirational. The examples demonstrate that the people who accomplish remarkable things in business are not those with the most "natural talent", but rather those who are most willing to evolve and improve. Time management is a learned skill, and we can all learn from this book."

-- John Sadowsky, author and leadership coach

About the Author

Visiting professor at GGSB, Pat Brans also provides corporate training on time management and personal effectiveness. He has held senior positions with three large organizations (CSC, Hewlett-Packard, and Sybase) where he focused on applying technology to enhance workforce effectiveness. Now he takes productivity to another level by unveiling the secrets of high achievers.

Users Review

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