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4 Seconds Peter Bregman

In Four Seconds, Peter Bregman shows that the key to success in our fast-moving world is to pause for as few as four seconds--the length of a deep breath--to replace bad habits and reactions with more productive behaviors.

Four Seconds | Bregman Partners

Peter Bregman tells stories about his life to share ideas on productivity, performance, and life. The ideas are simple to understand though they may be challenging to implement. Each chapter focuses on one key idea. Some you may already do, some you may question.

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4 seconds - Bregman Partners

About the author Four Seconds (2015) gives precise examples of how to rid yourself of self-defeating habits at work, at home and in your relationships. A four-second pause helps slow down hasty, unhappy reactions and is the first step to reworking the way you communicate with others and receive feedback from them.

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Four Seconds All the Time You Need to Replace Counter-Productive Habits with Ones That Really Work. by Peter Bregman. On Sale: 09/27/2016 Price: \$16.99

Four Seconds - Peter Bregman

In Four Seconds, Peter Bregman shows that the key to success in our fast-moving world is to pause for as few as four seconds—the length of a deep breath—to replace bad habits and reactions with more productive behaviors.

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According to Peter Bregman, CEO of Bregman Partners, Inc., a company that strengthens leadership in people and in organizations, four seconds is all it takes to solve a lot of life’s problems. Bregman outlines an innumerable list of strategies on becoming more productive, setting goals, and creating better relationships. Some of the points taken away are:

Four Seconds – Peter Bregman

In Four Seconds, Peter Bregman shows us how to replace negative patterns with energy boosting and productive behaviors. To thrive in our fast-paced world all it takes is to pause for as few as four seconds—the length of a deep breath—allowing us to make intentional and tactical choices that lead to better outcomes. Four Seconds reveals: * Why listening-not arguing-is the best strategy for ...

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Peter Bregman 4 Seconds to Effective Leadership and Life Today we'll be talking with Peter Bregman, best-selling author 18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done, and his latest award-winning book Four Seconds: All ... How To Stop Counter-Productive Habits In 4 Seconds Four Seconds (2015) gives precise examples of how to rid yourself of self-defeating ...

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