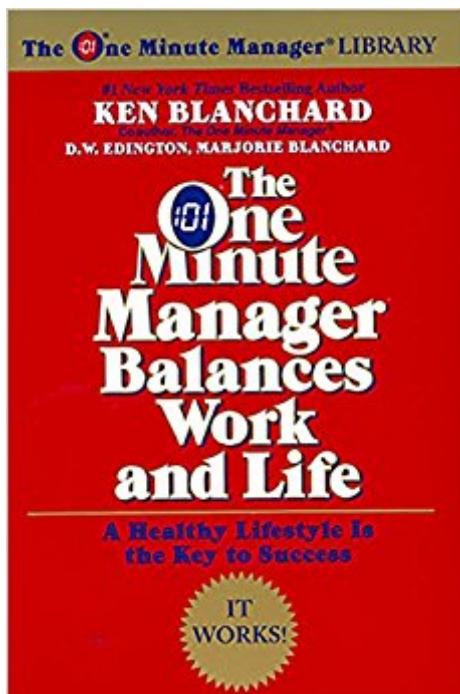


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# The One Minute Manager Balances Work And Life



## **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**

"The One Minute Manager Balances Work and Life is sound advice. It is simple, straightforward and tells you how to go for your own 'gold' in personal excellence. I'd give this book a perfect ten." -- Peter Vidmar, double gold medalist and captain of the 1984 U.S. Olympic Men's Gymnastic Team"An amazing book about true fitness--achievable by everyone." -- Dr. Norman Vincent Peale, author of The Power of Positive Thinking

Ken Blanchard, PhD, is one of the most influential leadership experts in the world. He has co-authored 60 books, including *Raving Fans* and *Gung Ho!* (with Sheldon Bowles). His groundbreaking works have been translated into over 40 languages and their combined sales total more than 21 million copies. In 2005 he was inducted into 's Hall of Fame as one of the top 25 bestselling authors of all time. The recipient of numerous leadership awards and honors, he is cofounder with his wife, Margie, of The Ken Blanchard Companies®, a leading international training and consulting firm.Ken Blanchard, chairman of The Ken Blanchard Companies, is the co-author of *The One Minute Manager* and eleven other bestselling books. His books have combined sales of more than 12 million copies in more than 25 languages. He lives in San Diego, California.D. W. Edington is a professor of kinesiology at the University of Michigan. He is also director of the Management Research Center at the university. He received his B.S. in mathematics and Ph.D. in physical education from Michigan State University, completed postdoctoral work at the University of Toronto, and taught at the University of Massachusetts prior to coming to Michigan in 1976.Dr. Edington is the author and coauthor of numerous articles and books, including *The Biology of Physical Activity* (with V. Reggie Edgerton) and *Frontiers of Exercise Biology* (with Katarina Borer and Tim White). His work with the Health Risk Appraisal and corporate health evaluation programs is considered to be the model for cooperative development plans in the wellness area.

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.

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 care 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!

love it!

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 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.

I got these for my son. He got a lot out of the series and enjoyed the easy reading style that presented methods that work well in the real world.

The one minute manager does it again!

all as promised in description, etc.

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