

Sleeping With Your Smartphone How To Break The 24 7 Habit And Change Way You Work Leslie A Perlow

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The Brain That Changes Itself - Norman Doidge 2007-03-15
"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to

probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Overload - Erin L. Kelly 2021-10-05
Why too much work and too little time is hurting workers and companies—and how a proven workplace redesign can benefit employees and the bottom line Today's ways of working are not working—even for professionals in "good" jobs. Responding to global competition and pressure from financial markets, companies are asking employees to do more with less, even as new technologies normalize 24/7 job expectations. In *Overload*, Erin Kelly and Phyllis Moen document how this new intensification of work creates chronic stress, leading to burnout, attrition, and underperformance. "Flexible" work policies and corporate lip service about "work-life balance" don't come close to fixing the problem. But this unhealthy and unsustainable situation can be changed—and *Overload* shows how. Drawing on five years of research, including hundreds of interviews with employees and managers, Kelly

and Moen tell the story of a major experiment that they helped design and implement at a Fortune 500 firm. The company adopted creative and practical work redesigns that gave workers more control over how and where they worked and encouraged managers to evaluate performance in new ways. The result? Employees' health, well-being, and ability to manage their personal and work lives improved, while the company benefited from higher job satisfaction and lower turnover. And, as Kelly and Moen show, such changes can—and should—be made on a wide scale. Complete with advice about ways that employees, managers, and corporate leaders can begin to question and fix one of today's most serious workplace problems, *Overload* is an inspiring account about how rethinking and redesigning work could transform our lives and companies.

Why We Sleep - Matthew Walker 2017-10-03

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

When You Say Yes But Mean No - Leslie Perlow 2003-05-20

We live in a culture—especially at work—that prefers harmony over discord, agreement over dissent, speed over deliberation. We often smile and nod to each other even though deep down we could not disagree more. Whether with colleagues, friends, or family members, the tendency to paper over differences rather than confront them is extremely common. We believe that the best thing to do to preserve our relationships and to ensure that our work gets done as expeditiously as possible is to silence conflict. Let's face it, most bosses don't encourage us to share our differences. Indeed, many people are taught that loyal employees accept corporate values, policies, and decisions—never challenging or questioning them. If we want to hold on to our jobs and move up in our organizations, stifling conflict is the safest way to do it—or so we believe. And it is not just with our bosses that we fear raising

a dissenting opinion. We worry about what our peers and even our subordinates may think of us. We don't want to embarrass ourselves or create a bad impression. We don't want to lose others' respect or risk rejection. We often associate conflict with its negative form—petty bickering, heated arguing, a bloody fight. But conflict can also be a source of creative energy; when handled constructively by both parties, differences can lead to a healthy and fruitful collaboration, creation, or construction of new knowledge or solutions. When we silence conflict, we avoid the possibility of negative conflict, but we also miss the potential for constructive conflict. Worse yet, as Leslie Perlow documents, the act of silencing conflict may create the consequences we most dread. Tasks frequently take longer or never get done successfully, and silencing conflict over important issues with people for whom we care deeply can result in disrespect for, and devaluing of, those same people. Each time we silence conflict, we create an environment in which we're all the more likely to be silent next time. We get caught in a vicious "silent spiral," making the relationship progressively less safe, less satisfying, and less productive. Differences get glossed over, patched over, and suppressed . . . until disaster happens. "Saying yes when you really mean no" is a problem that haunts organizations from start-ups to multi-nationals. It exists across industries, levels, and functions. And it's exacerbated by a down economy, when the fear of losing one's job is on everybody's mind and the idea of allowing conflict to surface or disagreeing with others seems particularly risky. All too often, the conversation at work bespeaks harmony and togetherness, even though passionate disagreements exist beneath the surface. Leslie A. Perlow is a corporate ethnographer, an anthropologist of corporate culture. Anthropologists like Margaret Mead spend years in the field studying exotic cultures. Perlow does the same, although the field for her is the office and the exotic people are us—those who work in the world of organizations. But the end result is no less surprising or rich in insight. Whether it's a Fortune 500 firm, small business, or government bureaucracy, Perlow provides a keen understanding of the hidden issues behind what people say (and don't say). And more important, she shows

how to create relationships where individuals feel empowered to express their genuine thoughts and feelings and to harness the power of positive conflict.

Transforming Business - Kevin Easterwood 2012-11-27

A unique perspective of an evolved role for company leadership Based on the findings of an extensive research project that surveyed more than 5,500 enterprise employees and functional decision makers across the United States and China, *Transforming Business: Big Data, Mobility and Globalization* explores the influence of technology in the workplace and the implications to company culture, functional responsibilities and competitive advantage. This in-depth analysis illuminates emerging technological trends, the changing workforce, and the shifting face of business and industry while offering prescriptive guidance to leaders. Addresses how new technology trends - including mobility, cloud, big data and collaboration - are fundamentally changing the way work is conducted and how company leadership can tap into these trends to affect positive cultural reform Examines how the introduction of new technologies and the emergence of new business models are shifting traditional organizational roles, including HR, marketing, finance, and IT Takes an in-depth look at how the next-generation of top talent, represented by college students at the top universities, view their future workplace environment and how technology can become a meaningful magnet for recruitment and retention Zeroes in on how the integration of technology into the workplace differs between the United States and China and the implications to the global marketplace What emerges from this book is an evolved role for company leadership, one of significant strategic value as cultural stewards capable of generating sustainable advantage for their companies in the most competitive market witnessed in decades.

Slow Media - Jennifer Rauch 2018-09-11

Today we recognize that we have a different relationship to media technology--and to information more broadly--than we had even five years ago. We are connected to the news media, to our jobs, and to each other, 24 hours a day. But many people have found their mediated lives

to be too fast, too digital, too disposable, and too distracted. This group--which includes many technologists and young people--believes that current practices of digital media production and consumption are unsustainable, and works to promote alternate ways of living. Until recently, sustainable media practices have been mostly overlooked, or thought of as a counterculture. But, as Jennifer Rauch argues in this book, the concept of sustainable media has taken hold and continues to gain momentum. Slow media is not merely a lifestyle choice, she argues, but has potentially great implications for our communities and for the natural world. In eight chapters, Rauch offers a model of sustainable media that is slow, green, and mindful. She examines the principles of the Slow Food movement--humanism, localism, simplicity, self-reliance, and fairness--and applies them to the use and production of media. Challenging the perception that digital media is necessarily eco-friendly, she examines green media, which offers an alternative to a current commodities system that produces electronic waste and promotes consumption of nonrenewable resources. Lastly, she draws attention to mindfulness in media practice-- "mindful emailing" or "contemplative computing>," for example--arguing that media has significant impacts on human health and psychological wellbeing. Slow Media will ultimately help readers understand the complex and surprising relationships between everyday media choices, human well-being, and the natural world. It has the potential to transform the way we produce and use media by nurturing a media ecosystem that is more satisfying for people, and more sustainable for the planet.

Better Than Before - Gretchen Rubin 2015-03-17

NEW YORK TIMES BESTSELLER • The author of *The Happiness Project* and “a force for real change” (Brené Brown) examines how changing our habits can change our lives. “If anyone can help us stop procrastinating, start exercising, or get organized, it’s Gretchen Rubin. The happiness guru takes a sledgehammer to old-fashioned notions about change.”—Parade Most of us have a habit we’d like to change, and there’s no shortage of expert advice. But as we all know from tough experience, no magic, one-size-fits-all solution exists. It takes work to

make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. In *Better Than Before*, acclaimed writer Gretchen Rubin identifies every approach that actually works. She presents a practical, concrete framework to allow readers to understand their habits—and to change them for good. Infused with Rubin’s compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, *Better Than Before* explains the (sometimes counterintuitive) core principles of habit formation and answers the most perplexing questions about habits:

- Why do we find it tough to create a habit for something we love to do?
- How can we keep our healthy habits when we’re surrounded by temptations?
- How can we help someone else change a habit?

Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success—even if we’ve failed before. Whether you want to eat more healthfully, stop checking devices, or finish a project, the invaluable ideas in *Better Than Before* will start you working on your own habits—even before you’ve finished the book.

How to Break Up with Your Phone - Catherine Price 2018-02-13

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up “just to check,” only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You’ll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You’ll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

Digital Transformation and Global Society - Daniel A. Alexandrov
2018-11-09

This two volume set (CCIS 858 and CCIS 859) constitutes the refereed proceedings of the Third International Conference on Digital Transformation and Global Society, DTGS 2018, held in St. Petersburg, Russia, in May/June 2018. The 75 revised full papers and the one short paper presented in the two volumes were carefully reviewed and selected from 222 submissions. The papers are organized in topical sections on e-polity: smart governance and e-participation, politics and activism in the cyberspace, law and regulation; e-city: smart cities and urban planning; e-economy: IT and new markets; e-society: social informatics, digital divides; e-communication: discussions and perceptions on the social media; e-humanities: arts and culture; International Workshop on Internet Psychology; International Workshop on Computational Linguistics.

Managing Your Whole Life - Marian N. Ruderman 2013-05-01

Managing the demands of the workplace and the responsibilities of the rest of your life can be tricky, especially when you're a driven leader who wants to succeed. This book will show you how to successfully establish and manage work-life boundaries so that you can be more successful at work and at home.

Work and Sleep - Julian Barling 2016

Sleep disorders and disruptions are commonly associated with negative mood, hostility, poor concentration, and ego depletion. And while researchers have long investigated the widespread negative effects of shift work on individuals, the knowledge derived from these studies is rather limited to those with non-linear work schedules. However, whether employees are clocking in a normal 9-5 or trudging through the graveyard shift, sleep is a crucial activity for us all. If the quantity and quality of our sleeping patterns are disrupted, the consequences affect not only the employee but for the organization they work for, as well. *Work and Sleep: Research Insights for the Workplace* addresses the effects of sleep on employee and organizational functioning, and the impact of common work experiences on a night's rest. With a team of

influential organizational psychologists at the helm, the editors lead a group of expert contributors as they each explore the issues that, regardless of industry, matter in work force well-being today.

Lean In - Sheryl Sandberg 2013-03-11

The #1 international best seller *In Lean In*, Sheryl Sandberg reignited the conversation around women in the workplace. Sandberg is chief operating officer of Facebook and coauthor of *Option B* with Adam Grant. In 2010, she gave an electrifying TED talk in which she described how women unintentionally hold themselves back in their careers. Her talk, which has been viewed more than six million times, encouraged women to “sit at the table,” seek challenges, take risks, and pursue their goals with gusto. *Lean In* continues that conversation, combining personal anecdotes, hard data, and compelling research to change the conversation from what women can't do to what they can. Sandberg provides practical advice on negotiation techniques, mentorship, and building a satisfying career. She describes specific steps women can take to combine professional achievement with personal fulfillment, and demonstrates how men can benefit by supporting women both in the workplace and at home. Written with humor and wisdom, *Lean In* is a revelatory, inspiring call to action and a blueprint for individual growth that will empower women around the world to achieve their full potential.

Sleep Smarter - Shawn Stevenson 2016-09-06

Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from

leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

IDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us - Larry D. Rosen, Ph.D. 2012-03-27

An internationally recognized research psychologist and computer educator analyzes the stresses associated with today's perpetually connected world, counseling readers on how to make positive use of technology while avoiding related disorders. 40,000 first printing.

Organizing Inclusion - Marya L. Doerfel 2020-04-23

Organizing Inclusion brings communication experts together to examine issues of inclusion and exclusion, which have emerged as a major challenge as both society and the workforce become more diverse. Connecting communication theories to diversity and inclusion, and clarifying that inclusion is about the communication processes of organizations, institutions, and communities, the book explores how communication as an organizing phenomenon underlies systemic and institutionalized biases and generates practices that privilege certain groups while excluding or marginalizing others. Bringing a global perspective that transcends particular problems faced by Western cultures, the contributors address issues across sub-disciplines of communication studies, ranging from social and environmental activism to problems of race, gender, sexual orientation, age and ability. With these various perspectives, the chapters go beyond demographic diversity by addressing interaction and structural processes that can be used to promote inclusion. Using these multiple theoretical frameworks, *Organizing Inclusion* is an intellectual resource for improving theoretical understanding and practical applications that come with ever more diverse people working, coordinating, and engaging one another. The book will be of great relevance to organizational stakeholders, human resource personnel and policy makers, as well as to scholars and students working in the fields of communication, management, and

organization studies.

Irresistible - Adam Alter 2018-03-06

"Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers*

"One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take*

Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Sleeping with Your Smartphone - Leslie A. Perlow 2012

"Argues that monitoring one's electronic business communication 24/7 is

actually counterproductive and offers a plan for companies to take time to "disconnect" in order to boost their productivity."

Eat, Sleep, Innovate - Scott D. Anthony 2020-10-20

From the author of *The Little Black Book of Innovation*, a new guide for using the power of habit to build a culture of innovation. Leaders have experimented with open innovation programs, corporate accelerators, venture capital arms, skunkworks, and innovation contests. They've trekked to Silicon Valley, Shenzhen, and Tel Aviv to learn from today's hottest, most successful tech companies. Yet most would admit they've failed to create truly innovative cultures. There's a better way. And it all starts with the power of habit. In *Eat, Sleep, Innovate*, innovation expert Scott Anthony and his impressive team of coauthors use groundbreaking research in behavioral science to provide a first-of-its-kind playbook for empowering individuals and teams to be their most curious and creative—every single day. Throughout the book, the authors reveal a collection of BEANs—behavior enablers, artifacts, and nudges—they've collected from workplaces across the globe that will unleash the natural innovator inside everyone. In addition to case studies of "normal organizations doing extraordinary things," they provide readers with the tools to create their own hacks and habits, which they can then use to build and sustain their own models of a culture of innovation. Fun, lively, and utterly unique, *Eat, Sleep, Innovate* is the book you need to make innovation a natural and habitual act within your team or organization.

Transforming Healthcare Through Information Systems - Doug Vogel 2016-03-26

This book introduces ongoing reflections within the research community on established information systems development topics and emerging concepts, approaches and ideas in the field of healthcare information systems. By promoting research on theoretical and methodological issues related to both information systems development in general and healthcare information systems in particular, it presents current research in order to promote improved practice. It comprises a selection of the best papers presented at the 24th International Conference on Information Systems Development (ISD) held in Harbin, China, August

25 - 27, 2015.

Lean In for Graduates - Sheryl Sandberg 2014-04-08

The perfect graduation gift: the iconic #1 best seller, expanded and updated exclusively for graduates entering the workforce This extraordinary edition of Lean In includes a letter to graduates and six additional chapters from experts offering advice on finding and getting the most out of a first job; résumé writing; best interviewing practices; negotiating your salary; listening to your inner voice; owning who you are; and leaning in for millennial men. The original edition of Sheryl Sandberg's Lean In became a massive cultural phenomenon and its title became an instant catchphrase for empowering women. The book soared to the top of best-seller lists both nationally and internationally, igniting global conversations about women and ambition. This enhanced edition provides the entire text of the original book updated with more recent statistics and features a passionate letter from Sandberg encouraging graduates to find and commit to work they love. A combination of inspiration and practical advice, this new edition will speak directly to graduates and, like the original, change lives. New Material for the Graduates Edition: · A Letter to Graduates from Sheryl Sandberg, COO of Meta (previously called Facebook) from 2008-2022 · Find Your First Job, by Mindy Levy (Levy has more than twenty years of experience in all phases of organizational management and holds degrees from Wharton and Penn) · Negotiate Your Salary, by Kim Keating (Keating is the founder and managing director of Keating Advisors) · Man Up: Millennial Men and Equality, by Kunal Modi (Modi is a consultant at McKinsey & Company and a recent graduate of the Harvard Kennedy School and Harvard Business School) · Let's Lean In Together, by Rachel Thomas (Thomas is the president of The Sheryl Sandberg & Dave Goldberg Family Foundation) · Own Who You Are, by Mellody Hobson (Hobson is the president of Ariel Investments) · Listen to Your Inner Voice, by Rachel Simmons (Simmons is cofounder of the Girls Leadership Institute) · 12 Lean In stories, short essays by readers around the world who have been inspired by Sandberg

Centered Leadership - Joanna Barsh 2014-03-18

What enables some talented people to rise to the top and live their full ambitions at work and in life, while others stop short? In 2007, Joanna Barsh led a team at McKinsey & Company to answer that very question. In the process, they uncovered what distinguishes leaders who are successful from those who achieve true greatness, developing an approach called Centered Leadership. They drew on research from across the academic fields of leadership, organization behavior, neuroscience, evolutionary psychology and positive psychology. In addition, Barsh interviewed over 160 leaders from many fields - including business, government and the arts - and from many countries. With quantitative research, the team learned that these leaders have mastered practices to find their balance in the midst of chaos and lead from their most resourceful selves, unleashing the potential of others. In 2009, Johanne Lavoie joined to lead development of programs that help executives build these capabilities. Their research and development work continues as more and more leaders experience Centered Leadership. In the business bestseller, How Remarkable Women Lead, Barsh described Centered Leadership's five capabilities and the research that underpins it. Here, with colleague Johanne Lavoie, Barsh provides a practical, actionable field guide for implementation. In Centered Leadership, Barsh and Lavoie will guide you through the Centered Leadership program. You'll find the interactive tools, exercises, and practices that have helped the men and women participants in Centered Leadership programs gain the skills, courage and confidence to lead. And, along the way, you'll read inspiring stories of remarkable men and women leaders who demonstrate the power of these skills in action. Those early in their careers will learn how to use these skills to explore their passions and accelerate their professional development. Those forming families will be able to use them to reconcile manage work and life to get the most out of both. And those who have already achieved success will be able use these practices to reach their next leadership horizon. No matter what stage you are currently at in your career, or what level of leadership you aspire to, this book will equip you with the tools to unlock your own Centered Leader and achieve more positive impact at work and outside

it.

EBOOK: Managing Organizational Change: A Multiple Perspectives Approach (ISE) - Ian Palmer 2016-03-16

Providing the Skills to Successfully Manage Change Managing Organizational Change: A Multiple Perspectives Approach, 3e, by Palmer, Dunford, and Buchanan, offers managers a multiple perspectives approach to managing change, which recognizes the variety of ways to facilitate change and reinforces the need for a tailored and creative approach to fit different contexts. The third edition offers timely updates to previous content, while introducing new and emerging trends, developments, themes, debates, and practices.

Make Time - Jake Knapp 2018-09-25

From the New York Times bestselling authors of Sprint comes a simple 4-step system for improving focus, finding greater joy in your work, and getting more out of every day. "A charming manifesto—as well as an intrepid do-it-yourself guide to building smart habits that stick. If you want to achieve more (without going nuts), read this book."—Charles Duhigg, bestselling author of The Power of Habit and Smarter Faster Better Nobody ever looked at an empty calendar and said, "The best way to spend this time is by cramming it full of meetings!" or got to work in the morning and thought, Today I'll spend hours on Facebook! Yet that's exactly what we do. Why? In a world where information refreshes endlessly and the workday feels like a race to react to other people's priorities faster, frazzled and distracted has become our default position. But what if the exhaustion of constant busyness wasn't mandatory? What if you could step off the hamster wheel and start taking control of your time and attention? That's what this book is about. As creators of Google Ventures' renowned "design sprint," Jake and John have helped hundreds of teams solve important problems by changing how they work. Building on the success of these sprints and their experience designing ubiquitous tech products from Gmail to YouTube, they spent years experimenting with their own habits and routines, looking for ways to help people optimize their energy, focus, and time. Now they've packaged the most effective tactics into a four-step daily framework that anyone can use to

systematically design their days. Make Time is not a one-size-fits-all formula. Instead, it offers a customizable menu of bite-size tips and strategies that can be tailored to individual habits and lifestyles. Make Time isn't about productivity, or checking off more to-dos. Nor does it propose unrealistic solutions like throwing out your smartphone or swearing off social media. Making time isn't about radically overhauling your lifestyle; it's about making small shifts in your environment to liberate yourself from constant busyness and distraction. A must-read for anyone who has ever thought, If only there were more hours in the day..., Make Time will help you stop passively reacting to the demands of the modern world and start intentionally making time for the things that matter.

Making Work and Family Work - Jeffrey H. Greenhaus 2016-07-22

Making Work and Family Work investigates the difficult choices that contemporary employees must face when juggling work and family with a view to identifying the smart choices that all parties involved—society, employers, employees and families—should make to promote greater work-life balance. Leading scholars Jeffrey Greenhaus and Gary Powell begin by identifying the factors that work against an employee's ability to be effective and satisfied in their work and family roles. From there, they examine a variety of factors that impact the decision-making process that employees and their families can use to enhance employees' feelings of work-family balance and families' well-being. Covering a comprehensive set of topics and perspectives, this fascinating book will appeal to upper-level students of human resource management, organizational behavior, industrial/organizational psychology, sociology, and economics, as well as to thoughtful and engaged professionals.

Indistractable - Nir Eyal 2019-09-10

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of Atomic Habits "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of The Righteous Mind National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal

Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. *Indistractable* reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals:

- Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it
- What really drives human behavior and why "time management is pain management"
- Why your relationships (and your sex life) depend on you becoming indistractable
- How to raise indistractable children in an increasingly distracting world

Empowering and optimistic, *Indistractable* provides practical, novel techniques to control your time and attention—helping you live the life you really want.

Whatever Works - Thalma Lobel 2020-07-14

An internationally renowned psychologist shows us how overlooked factors in our work days—our physical environments, our unconscious habits, and even traits like our faces and voices—have the power to make

or break our careers. In *Whatever Works: The Small Cues That Make a Surprising Difference in our Success at Work—and How to Create a Happier Office*, Thalma Lobel, one of the world's leading experts on human behavior, explores groundbreaking psychological research on job performance, satisfaction, and creativity. Lobel goes beyond obvious considerations like salary, title, and company culture to shed light on the hidden factors—often unrecognized, counterintuitive, or invisible—that have profound effects on how well we can do our jobs and how happy we are at work. Did you know that just doodling in a certain way can increase your creativity? That looking at something green for forty seconds will improve your attention? That crossing your legs similarly to an interviewer could get you the job? That the mere presence of a smartphone on your desk can lessen your performance, even if it's turned off? That being in a warmer room makes you more likely to want to conform with the group, affecting your decision-making? These are the invisible factors that nudge our behavior on a daily basis, and combined, have a real and significant bearing on our success—or failure—at work. In today's competitive market, where even tiny differences can be decisive, for both employees and organizations, exploiting such factors can make all the difference. The more you know about the subtle elements that can help or hinder you on the job, the better equipped you can be to take control and navigate today's competitive work world. Helpful for anyone from individual employees to managers to leaders of large organizations, *Whatever Works* shares valuable insights and practical takeaways to transform your professional life.

I Might Regret This - Abbi Jacobson 2018-10-30

New York Times Bestseller From the co-creator and co-star of the hit series *Broad City*, a "poignant, funny, and beautifully unabashed" (Cheryl Strayed) bestselling essay collection about love, loss, work, comedy, and figuring out who you really are when you thought you already knew. When Abbi Jacobson announced to friends and acquaintances that she planned to drive across the country alone, she was met with lots of questions and opinions: Why wasn't she going with friends? Wouldn't it be incredibly lonely? The North route is better! Was it safe for a woman?

The Southern route is the way to go! You should bring mace! And a common one... why? But Abbi had always found comfort in solitude, and needed space to step back and hit the reset button. As she spent time in each city and town on her way to Los Angeles, she mulled over the big questions-- What do I really want? What is the worst possible scenario in which I could run into my ex? How has the decision to wear my shirts tucked in been pivotal in my adulthood? In this collection of anecdotes, observations and reflections--all told in the sharp, wildly funny, and relatable voice that has endeared Abbi to critics and fans alike--readers will feel like they're in the passenger seat on a fun and, ultimately, inspiring journey. With some original illustrations by the author.

Dreams of the Overworked - Christine M. Beckman 2020-06-09

A riveting look at the real reasons Americans feel inadequate in the face of their dreams, and a call to celebrate how we support one another in the service of family and work in our daily life. Jay's days are filled with back-to-back meetings, but he always leaves work in time to pick his daughter up from swimming at 7pm, knowing he'll be back on his laptop later that night. Linda thinks wistfully of the treadmill in her garage as she finishes folding the laundry that's been in the dryer for the last week. Rebecca sits with one child in front of a packet of math homework, while three others clamor for her attention. In *Dreams of the Overworked*, Christine M. Beckman and Melissa Mazmanian offer vivid sketches of daily life for nine families, capturing what it means to live, work, and parent in a world of impossible expectations, now amplified unlike ever before by smart devices. We are invited into homes and offices, where we recognize the crushing pressure of unraveling plans, and the healing warmth of being together. Moreover, we witness the constant planning that goes into a "good" day, often with the aid of phones and apps. Yet, as technologies empower us to do more, they also promise limitless availability and connection. Checking email on the weekend, monitoring screen time, and counting steps are all part of the daily routine. The stories in this book challenge the seductive myth of the phone-clad individual, by showing that beneath the plastic veneer of technology is a complex, hidden system of support—our dreams being scaffolded by

retired in-laws, friendly neighbors, spouses, and paid help. This book makes a compelling case for celebrating the structures that allow us to strive for our dreams, by supporting public policies and community organizations, challenging workplace norms, reimagining family, and valuing the joy of human connection.

Little Girls Sleeping - Jennifer Chase 2019-05-31

"THERE WAS NO WAY I WAS PUTTING THIS BOOK DOWN!!!!!!... I was literally holding my breath... I HAD TO KNOW!!!!!! As for the explosive ending WOW definitely not what or who I was expecting." Goodreads reviewer, 5 stars She looked at the smiling, eager face of the little girl in the photograph, with dark hair, bright-green eyes, a missing front tooth, and her entire life ahead of her. Chelsea was last seen walking back from a friend's house one summer afternoon. She never made it home... An eight-year-old girl, Chelsea Compton, is missing in Pine Valley, California and for Detective Katie Scott it's a cruel reminder of the friend who disappeared from summer camp twenty years ago. Unable to shake the memories, Katie vows she won't rest until she discovers what happened to Chelsea. But as Katie starts to investigate—her PTSD flashbacks kept at bay with the help of her loyal ex-military dog, Cisco—the case reveals itself to be much bigger and more shocking than she feared. Deep in the forest, she unearths a makeshift cemetery: a row of graves, each with a brightly coloured teddy bear. Tracing the silk lining the coffins, Katie links the graves to a stack of missing-persons cases involving young girls—finding a pattern no one else has managed to see. Someone in Pine Valley has been taking the town's daughters for years, and Katie is the only one who can stop them. And then another little girl goes missing, snatched from the park near her home... Compulsive and gripping crime fiction from a USA Today and Amazon bestselling author—perfect for fans of Lisa Regan, Rachel Caine and Melinda Leigh. Katie Scott's first case will have you on the edge of your seat and gasping in shock. What readers are saying about *Little Girls Sleeping*: "I was really wowed by it... I couldn't put the book down and was trying to read as fast as I could so I could find out who the killer was. The ending took me by surprise... I was literally gasping for air... I would definitely recommend." Goodreads

reviewer, 5 stars "Wow what an absolutely amazing fantastic read. I was hooked almost as soon as I started this book. I am still trying to pick my chin off the floor. I loved it from page one and couldn't read the pages quick enough. I did not see the end coming... Awesome." Goodreads reviewer, 5 stars "If you read one police thriller this year make sure that it is this one... it will grip you from the start and will drag you into the story trying desperately to work out who the killer is but I promise you that you will not be able to figure it out." Goodreads reviewer, 5 stars "A great way to start a new series! It's a wonderfully written roller-coaster ride. A must read!" Book Obsessed Introverts, 5 stars "Believe me when I say that you are in for a thrilling read!... I could not put it away. Can highly recommend!" Goodreads reviewer, 5 stars "Wow!... The hairs on my head stood up with this one!" Goodreads reviewer, 5 stars "A nail-biting thriller... I was gripped from page one, through each twist and turn... until I reached the climax which was shocking and totally unexpected." Netgalley reviewer, 5 stars "It was addicting, captivating and had me reading into the night." Goodreads reviewer, 5 stars "Truly an amazing book. The storyline flowed, the characters were engaging, and I could barely tear myself away... Highly recommended!" Goodreads reviewer, 5 stars "I read it in one sitting and could not put it down. A real page turner." Goodreads reviewer, 5 stars

[Eat That Frog!](#) - Brian Tracy 2008-11-13

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit

to what you can accomplish when you learn how to Eat That Frog!

12 Ways Your Phone Is Changing You - Tony Reinke 2017-04-13

Do You Control Your Phone—Or Does Your Phone Control You? Within a few years of its unveiling, the smartphone had become part of us, fully integrated into the daily patterns of our lives. Never offline, always within reach, we now wield in our hands a magic wand of technological power we have only begun to grasp. But it raises new enigmas, too. Never more connected, we seem to be growing more distant. Never more efficient, we have never been more distracted. Drawing from the insights of numerous thinkers, published studies, and his own research, writer Tony Reinke identifies twelve potent ways our smartphones have changed us—for good and bad. Reinke calls us to cultivate wise thinking and healthy habits in the digital age, encouraging us to maximize the many blessings, to avoid the various pitfalls, and to wisely wield the most powerful gadget of human connection ever unleashed.

A World Without Email - Cal Newport 2021-03-02

New York Times bestseller! From New York Times bestselling author Cal Newport comes a bold vision for liberating workers from the tyranny of the inbox--and unleashing a new era of productivity. Modern knowledge workers communicate constantly. Their days are defined by a relentless barrage of incoming messages and back-and-forth digital conversations--a state of constant, anxious chatter in which nobody can disconnect, and so nobody has the cognitive bandwidth to perform substantive work. There was a time when tools like email felt cutting edge, but a thorough review of current evidence reveals that the "hyperactive hive mind" workflow they helped create has become a productivity disaster, reducing profitability and perhaps even slowing overall economic growth. Equally worrisome, it makes us miserable. Humans are simply not wired for constant digital communication. We have become so used to an inbox-driven workday that it's hard to imagine alternatives. But they do exist. Drawing on years of investigative reporting, author and computer science professor Cal Newport makes the case that our current approach to work is broken, then lays out a series of principles and concrete instructions for fixing it. In *A World without Email*, he argues

for a workplace in which clear processes--not haphazard messaging--define how tasks are identified, assigned and reviewed. Each person works on fewer things (but does them better), and aggressive investment in support reduces the ever-increasing burden of administrative tasks. Above all else, important communication is streamlined, and inboxes and chat channels are no longer central to how work unfolds. The knowledge sector's evolution beyond the hyperactive hive mind is inevitable. The question is not whether a world without email is coming (it is), but whether you'll be ahead of this trend. If you're a CEO seeking a competitive edge, an entrepreneur convinced your productivity could be higher, or an employee exhausted by your inbox, *A World Without Email* will convince you that the time has come for bold changes, and will walk you through exactly how to make them happen.

Work Pray Code - Carolyn Chen 2022-03-08

How tech giants are reshaping spirituality to serve their religion of peak productivity Silicon Valley is known for its lavish perks, intense work culture, and spiritual gurus. *Work Pray Code* explores how tech companies are bringing religion into the workplace in ways that are replacing traditional places of worship, blurring the line between work and religion and transforming the very nature of spiritual experience in modern life. Over the past forty years, highly skilled workers have been devoting more time and energy to their jobs than ever before. They are also leaving churches, synagogues, and temples in droves—but they have not abandoned religion. Carolyn Chen spent more than five years in Silicon Valley, conducting a wealth of in-depth interviews and gaining unprecedented access to the best and brightest of the tech world. The result is a penetrating account of how work now satisfies workers' needs for belonging, identity, purpose, and transcendence that religion once met. Chen argues that tech firms are offering spiritual care such as Buddhist-inspired mindfulness practices to make their employees more productive, but that our religious traditions, communities, and public sphere are paying the price. We all want our jobs to be meaningful and fulfilling. *Work Pray Code* reveals what can happen when work becomes religion, and when the workplace becomes the institution that shapes our

souls.

Stand Out of Our Light - James Williams 2018-05-31

Argues that human freedom is threatened by systems of intelligent persuasion developed by tech giants who compete for our time and attention. This title is also available as Open Access.

The Craving Mind - Judson Brewer 2017-03-07

A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them. We are all vulnerable to addiction. Whether it's a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

This Book Will Make You Sleep - Jo Usmar 2015-02-10

We all go through patches when we find it hard to sleep. Either we have problems dropping off at night or we wake in the early hours with thoughts buzzing round in our minds. Sometimes it seems impossible to get that elusive night's sleep we so badly crave, but this book will show you how to break negative patterns, get more rest and improve your well-being. Dr. Jessamy Hibberd and Jo Usmar draw on the very latest developments in cognitive behavioral therapy (CBT), to guide you through proven techniques to help you get your sleep patterns back on track. You will feel rested, happier, and immediately reap the benefits in your everyday life. Understand sleep Banish bad habits Tips for winding

down Sleep-inducing strategies Control your sleeping environment
Common myths busted

The Twelve Steps For Smartphone Addiction - James Sugel 2019-03-07

An effective solution to the challenge of Smartphone Addiction based on the rich and successful tradition of the Twelve Steps. Smartphone Addiction is a new and troubling phenomenon that has burst upon an unprepared society with alarming speed. Many people crave the use of Smartphone Technology and its constant and effective system of sensory rewards in a strikingly similar way to any other addict. Smartphones and the complex software they run have been architected to promote continued and progressive usage. This sophisticated technology clearly feeds on natural addictive tendencies, and recent evidence suggests Smartphones are intentionally designed to be addictive. The Twelve Steps are one of the most effective methods for treating addiction in human history. Originating with Alcoholics Anonymous in 1939, the Twelve Steps have since been used to treat a variety of other addictions, including drugs, sex, gambling, eating disorders, and many others. Now in this groundbreaking work the Twelve Steps are applied to the complex and evolving contemporary phenomenon of Smartphone Addiction. About the Author Jim Sugel is a Digital Marketing Consultant with many years of professional coding and consulting experience. He also struggled with addiction to drugs and alcohol and is now clean and sober in a Twelve-Step program for over 15 years. This unique combination of Twelve-Step experience and technology expertise led him to create the Twelve Steps for Smartphone Addiction.

The Oxford Handbook of Media, Technology, and Organization Studies - Timon Beyes 2019-12-17

Our most basic relationship with the world is one of technological mediation. Nowadays our available tools are digital, and increasingly what counts in economic, social, and cultural life is what can be digitally stored, distributed, replayed, augmented, and switched. Yet the digital remains very much materially configured, and though it now permeates nearly all human life it has not eclipsed all older technologies. This Handbook is grounded in an understanding that our technologically

mediated condition is a condition of organization. It maps and theorizes the largely uncharted territory of media, technology, and organization studies. Written by scholars of organization and theorists of media and technology, the chapters focus on specific, and specifically mediating, objects that shape the practices, processes, and effects of organization. It is in this spirit that each chapter focuses on a specific technological object, such as the Battery, Clock, High Heels, Container, or Smartphone, asking the question, how does this object or process organize? In staying with the object the chapters remain committed to the everyday, empirical world, rather than being confined to established disciplinary concerns and theoretical developments. As the first sustained and systematic interrogation of the relation between technologies, media, and organization, this Handbook consolidates, deepens, and further develops the empirics and concepts required to make sense of the material forces of organization.

[How to Break up With Your Phone by Catherine Price \(Summary\)](#) - QuickRead

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. For everyone who needs to tell their phone, "It's not me, it's definitely you," *How to Break up With Your Phone* (2018) offers a foolproof handbook for setting yourself free from one of our most popular toxic relationships. Exploring the toxicity of social media addiction, Catherine Price's critical study examines our phones' impact on our productivity, mental health, and relationships to illustrate the necessity of reforming our digital habits. Arguing that we need to stop using our devices as distractions, Price reminds us how to re-engage with the real world and set healthy boundaries by providing practical steps for cultivating safe tech habits that can actually improve our quality of life.

[Navigating New Media Networks](#) - Bree McEwan 2015-08-13

Navigating New Media Networks examines the changes introduced into society through the increasing use of communication technology. The development of a networked society has allowed individuals to acquire

the social resources and support needed to thrive in the modern world, but it has also placed great pressure on the individual to conduct the communication work needed to form and maintain relationships. McEwan explores this issue by delving into topics like identity, privacy,

communication competence, online communities, online social support, mediated relational maintenance, and mobile communication. This work will be of interest to scholars of sociology, psychology, and communication.