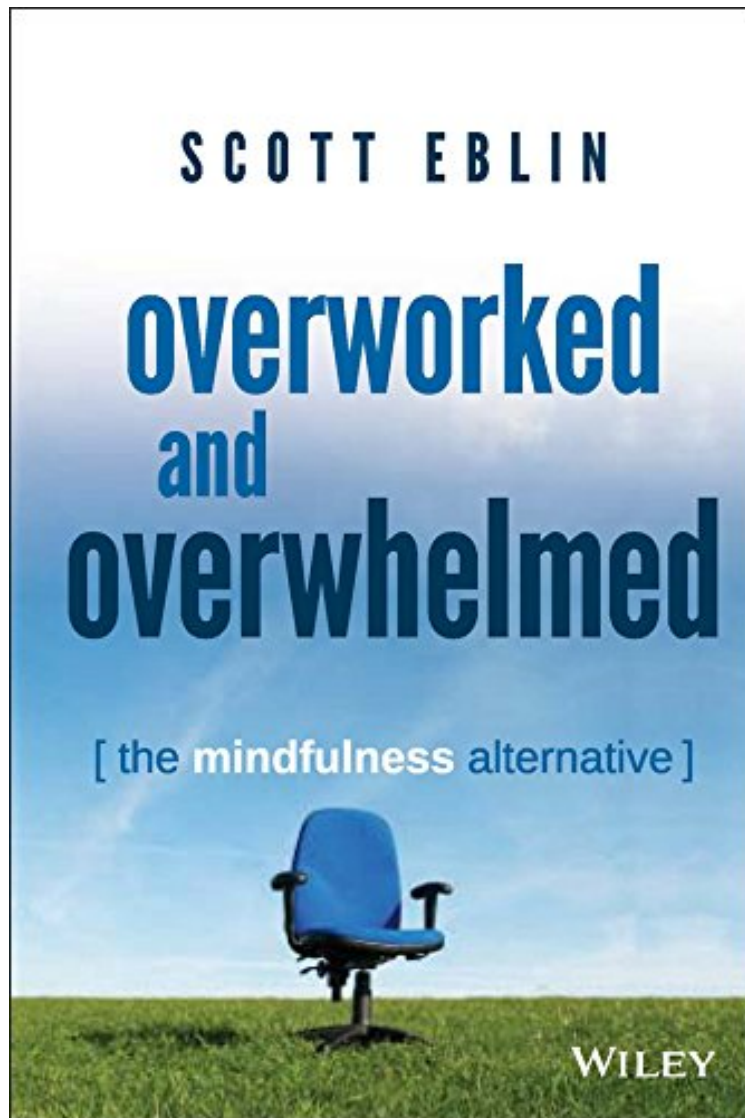


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Overworked and Overwhelmed: The Mindfulness Alternative

Scott Eblin

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Scott Eblin : Overworked and Overwhelmed: The Mindfulness Alternative before purchasing it in order to gauge whether or not it would be worth my time, and all praised Overworked and Overwhelmed: The Mindfulness Alternative:

1 of 1 people found the following review helpful. Excellent book! Relevant to so many in the "work ...By Ed NottinghamExcellent book! Relevant to so many in the "work world" who experience the "overworked" and "overwhelmed" sensations.This book is awesome! So often book include theory with little practical suggestions and application. Not so with "Overworked and Overwhelmed." Not only does the Life GPS provide a map and a process for addressing areas in which we may feel overwhelmed but also throughout the book there are practical suggestions

that can be immediately implemented. I also recently had the great pleasure of hearing Mr. Eblin present on his book and was reminded of how valuable his book is as a life resource. Others who shared in the presentation (again based on his book) described it as "awesome," and I completely agree. I was following along in the book as he spoke during this webinar and found even more practical tips that I had missed during my first read. Perhaps time for a second read! Highly recommend "Overworked and Overwhelmed: The Mindfulness Alternative" and the work of Scott Eblin. Ed Nottingham, PhD, PCC Consulting Clinical Psychologist Executive Coach Author, "It's Not as Bad as It Seems: A Thinking Approach to Happiness" 3 of 3 people found the following review helpful. Ready to Feel Better? By Teresa W. Kloster Just start reading Scott Eblin's Overworked and Overwhelmed--The Mindfulness Alternative. In it, he demonstrates a true understanding of the physical and emotional costs of too much work, and through both scientific evidence and the highly personal story of his own journey, gives the reader practical tips in adopting the mindfulness alternative. No special equipment required: just you, your body, your mind, and your Life GPS (read the book to find out just how powerful this tool is), and get ready to leave behind being overworked and overwhelmed. 1 of 1 people found the following review helpful. Definitely worth considering. By SFKPC Completely skeptical but surprised me and recommend it. Could have been an article instead of a book, therefore easy to read as author repeats himself a lot.

Leverage mindful awareness and intention to achieve better outcomes Overworked and Overwhelmed: The Mindfulness Alternative offers practical insights for the executive, manager or professional who feels like their RPM is maxed out in the red zone. By making the concepts and practices of mindfulness simple, practical and applicable, this book offers actionable hope for today's overworked and overwhelmed professional. New research shows that the smartphone equipped professional is connected to work 72 hours a week. Forty eight percent of Americans report that their stress level is up and that the number one source of stress is the job pressure of a 24/7 world. What's the alternative? Top leadership coach and educator Scott Eblin offers one in Overworked and Overwhelmed: The Mindfulness Alternative. While mindfulness is one of the "Top Ten Trends for 2014 and Beyond," many professionals think it's just too hard to give it a try. In this book, Eblin shows that mindfulness that makes a difference doesn't require meditating like a Buddhist monk. Overworked and Overwhelmed is a handbook for more mindful work and living that offers: "Must know" mindfulness basics that today's professional needs to thrive in a 24/7 world. Inspiring examples of mindfulness in action from dozens of leaders ranging from a U.S. Coast Guard Commandant to the CEO of Hilton Worldwide. A self assessment for readers to understand how they perform at their best. Simple routines to reduce stress and sustain peak performance. A personal planning framework for creating the outcomes that matter most at home, at work and in the community. Even small increases in mindfulness can lead to big changes in productivity and quality of life for the overworked and overwhelmed professional. Overworked and Overwhelmed: The Mindfulness Alternative is a guide for doing just that.

From the Inside Flap Most of us can relate to the title, Overworked and Overwhelmed. There are only 168 hours in a week, and it often feels like we work most of them. In fact, research shows that professionals with smartphones are directly dialed in to work around 72 hours a week, and that's not even counting the hours we spend thinking or worrying about work. It's true that hard work and success go hand in hand, but when does enough become too much? In this book, Scott Eblin makes the case that, if you aren't regularly taking a step back, you could actually be doing serious damage to your performance and productivity; not to mention your well-being. Leaders and other high-capacity professionals face challenges and changes that require them to adapt on a near-constant basis while struggling to get everything done. Sure, high-performing professionals are the ones who are able to meet those challenges head on, but caving to every demand that's made of you isn't always the best strategy. Overworked and Overwhelmed shows why, and provides concrete activities and routines, from physical movement to personal reflection, that are designed to save your sanity while boosting your productivity. If you feel like you're constantly outrunning burnout, resentment, and collapse, chances are you aren't performing up to your potential. In the short run, that might not be a big problem, but over the long term that missed potential could translate to missed career opportunities and burnout. Plus, if you're always scrambling to get things done, you may be missing the big-picture perspective. Overworked and Overwhelmed: The Mindfulness Alternative draws on important research to help readers develop strategies to break out of the vicious cycle of overwork. Using the Life GPSreg; personal planning model, readers can establish easy routines to ensure that they are able to bring their best, every day. Busy readers will appreciate the self-assessment and other tools to solidify takeaways from each chapter. Although mindfulness has a robust history in different traditions, Overworked and Overwhelmed is one of the first books to bring this body of knowledge into the business world. If you feel your time and attention are maxed out, but the demands don't stop coming, it could be time for a reality check. From the Back Cover Praise for Overworked and Overwhelmed "If I had to choose one skill that could simultaneously bring greater happiness in life and more meaningful engagement in work, it would be simple mindfulness. There's a way out of the overwhelming busyness of modern life; Scott Eblin has written the guidebook." —Daniel H. Pink, New York Times bestselling author of Drive and To Sell Is Human "Conscious

capitalism begins with consciousness in you. No matter how stressful your work is, *Overworked and Overwhelmed* will show you how to stay present so you can achieve your higher purpose." —John Mackey, co-CEO and cofounder of Whole Foods Market, and coauthor of *Conscious Capitalism* "If the title *Overworked and Overwhelmed* reminds you of someone you know, stop what you're doing and read this book. Scott Eblin demystifies mindfulness so that you can put it to work and create a better life." —Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* "With compelling stories, eye-opening research and simple but powerful routines, Scott Eblin shows you how mindfulness can help you get back in touch with who you really are and want to be at work, at home and in the community." —Linda S. Simon, Senior Vice President, Leadership Organizational Development, DIRECTV "Scott Eblin's must-read book gives you the tools to balance life with work, satisfaction with success, and mindfulness with purpose. Based on years of critical research in leadership success, *Overworked and Overwhelmed* will fundamentally change how you live each day. Brilliant!" —Marshall Goldsmith, author of the New York Times bestseller *What Got You Here Won't Get You There* "In a world where high velocity performance is the norm, a caffeine-driven, sleep-deprived, smart phone-addicted existence can seem to be an inevitable consequence. Scott Eblin teaches us that it need not be that way. With simple techniques and routines of mindfulness and self-management, he offers solutions that allow you to come back from the brink. If you want to reclaim yourself, this book is a must-read." —Raghu Krishnamoorthy, Vice President, Executive Development and Chief Learning Officer, General Electric Corporation

About the Author Scott Eblin is the cofounder and president of the Eblin Group, a professional development firm that supports executives and managers in exhibiting leadership presence by being fully present. As an executive coach, speaker, and author, Eblin works with senior and rising leaders in some of the world's best known and regarded organizations. He is the author of *The Next Level: What Insiders Know About Executive Success* (2010). Eblin is a graduate of Davidson College, holds a master's degree from Harvard University and a certificate in leadership coaching from Georgetown University where he is on the program faculty. He is also a Registered Yoga Teacher.