



## Don t Pull the Chicken Switch: How to Maximize Willpower and Get Everything You Want Out of Work and Life (Paperback)

By Kit Allowitz

Allowitz Consulting, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.According to the American Psychological Association s Stress in America Survey, a majority of people cite lack of willpower as the No. 1 reason for the inability to make the changes needed to achieve their desired outcomes in life. Who hasn t chickened out on getting something they wanted or needed? This book is about willpower. It offers strategies to tap into self-discipline, allowing for improved follow- through on commitments and achieving what you truly want. When you don t do what you say, when you give up or just cave, that behavior is called pulling the Chicken Switch. Rather than just offering a plethora of case studies and checklists on willpower, Don t Pull the Chicken Switch is a fun, engaging and relevant story. The story highlights a company and its executives team s personal willpower challenges, some of the most frequent human willpower challenges faced, that when identified, addressed and then conquered propel the executives team members individual productivity and power. This then propels their respective departments and employee personnel to new willpower, productive and effectiveness heights. In story form, backed with...



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