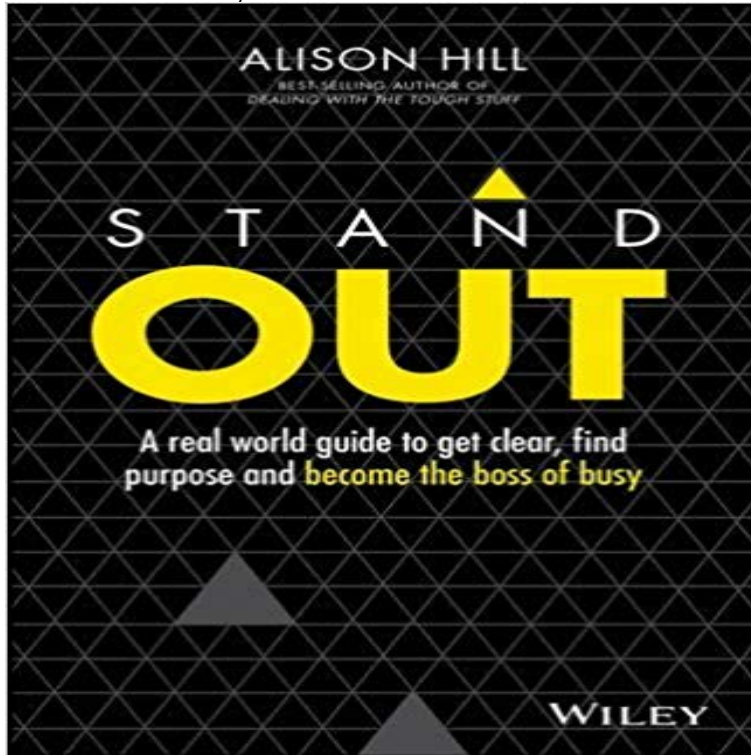


## Stand Out: A real world guide to get clear, find purpose and become the boss of busy



Tools, tips and strategies to stop the cycle of busy and start getting ahead Stand Out shows you how to stop working so much, and start achieving instead. Everyone is busy, but working harder to do more isn't getting us anywhere. We're overwhelmed, distracted and detached, and our greatest fear is that this will never change. This book is your guide to taking back your life. Through simple models, robust diagnostics and practical suggestions you'll identify where you are now and how to implement real change. Explore how to move on from Check Out (the sense that you are just going through the motions), combat Burn Out (the feeling that you're on a treadmill that is dialled too fast for your legs, brain and talents to keep pace with) and move through Freak Out (that overriding anxiety generated by knowing where you want to go but not getting any traction). Real-life stories, anecdotes and life hacks provide ideas you can implement immediately, while in-depth discussion of psychological theory explains the science behind the actions. The goal is not to find your One True Passion, but to identify what's most important right now. When you're clear on purpose and actually making progress, you hit the sweet spot of activity that allows your talents to shine. The concept of being at work has changed. We're expected to be plugged in 24/7, and continually expected to do more and more with the same 24 hours in every day. Organisations suffer, families suffer and workers suffer so why do we perpetuate this cycle? This book shows you how to hop off the hamster wheel and thrive through relentless change by doing less but by doing it smarter. Treat self-care as an imperative for success. Connect to what's important here and now. Stop day-dreaming and put action to purpose. Take control of your day, your path and your life. It's not about productivity training or the latest organisational system; it's about having the

tools, mindset and skills in place to make your activities work for you. Stand Out helps you find the courage and optimism to live the life you crave, let go of the shoulds and shows you how to prioritise what really matters.

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