



# **Winning Without Losing: 66 strategies for succeeding in a business while living a happy and balanced life (Your Best Self)**

*Martin Bjerregaard, Jordan Milne*

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Whatever your job is, chances are you find it hard to switch off. Today, we work longer hours, at weekends, at home and on the move - while the office is only ever a click away via smartphones and the Internet. But as much as we assume that this is the price of success - it doesn't have to be this way. Martin Bjerregaard and Jordan Milne are here to show you how to build your business into something big, sustainable and widely recognized - and still lead a happy, whole and balanced life. In 66 short insights, they reveal strategies and methods which will allow you to combine professional success with putting friends, family and happiness first. Their Efficiency Boosters will increase your effectiveness, while you'll learn all about how to avoid Time and Energy Wasters and build a New Mindset that gives you the optimism and enthusiasm needed to succeed. So wave goodbye to guiltily checking your emails on a date, or getting home when your children are already in bed - this is your route to winning on every level and having a better life.

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