

# Saturday Video: Boost Your Results & Reduce Your Hours



How can you boost your results while reducing your hours?

In the book, *Extreme Productivity*, Robert C. Pozen shows us how to be truly productive, even when faced with a myriad of competing demands

and multiple time-sensitive projects. During the 5 year period in which this book was written, Pozen held down two full-time jobs as a business leader and a Harvard teacher while also keeping a good relationship with his wife and family. The book is based on his long-term, real-world experience and gives the reader excellent counsel on productivity, personal development, and relations.

**What are the secrets to extreme productivity?** [Enjoy this 2-minute video](#)

[book summary of Robert C. Pozen's book, \*Extreme Productivity\* by The Business Source.](#)

**More? You betcha.**

Here are some of my favorite stress-busting techniques and a cool tool (2-minute solution) to help you recharge, refocus and repower. Yes, stress is a 21st-century part of life that is eroding individuals and organizations from inside out.

Stress not only impairs cognition, productivity and also damages our physical and emotional health. **Less stress-greater**

**productivity and success!**

100 Stressbusters

The Pause-A 2-minute cool tool, a transformational exercise anyone can learn to do.



**Just Coach It | Recharge-Refocus-Repower**

Irene Becker, Founder and Chief Success Officer  
Coaching•Consulting•Workshops•Keynotes with a 3Q  
Edge™

irene@justcoachit.com  
@justcoachit

Twitter:

Tel: (1) 416-671-4726 Skype: beckerirene

Tel: Irene's Assistant Drew Jones: 416-737-5075  
drew@justcoachit.com