



The 5 Choices: The Path to Extraordinary Productivity

Kory Kogan, Adam Merrill, Leena Rinne

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Every day brings a crushing wave of demands: a barrage of texts, emails, interruptions, meetings, phone calls, tweets, blogs - not to mention the high pressure demands of our jobs - is overwhelming and exhausting. The sheer number of distractions threaten our ability to think clearly and make good decisions. If we react to these stimuli, moving mindlessly from one task to another, we will fail to accomplish the things that matter most in our professional and personal lives. In this book, readers will learn how to make the five fundamental choices that will increase their ability to achieve what matters most to them. Backed by science and FranklinCovey's years of experience and research in this field, The 5 Choices helps readers increase their productivity and develop an inner sense of fulfillment and peace. The five choices are simple but require a radical shift in mindset and will lead to increased personal and professional success.

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