



The 5 Choices: The Path to Extraordinary Productivity

Kory Kogon, Adam Merrill, Leena Rinne

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The time management experts at FranklinCovey share their five critical techniques for avoiding distractions and paying focused attention to our most important goals and tasks in our daily lives.

Every day brings us 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—that can be overwhelming and exhausting. The sheer number of distractions can threaten our ability to think clearly, make good decisions, and accomplish what matters most, leaving us worn out and unfulfilled.

Now FranklinCovey offers powerful insights drawn from the latest neuroscience and decades of experience and research in the time-management field to help you master your attention and energy management through five fundamental choices that will increase your ability to achieve what matters most to you. *The 5 Choices* is time management redefined for the twenty-first century: it increases the productivity of individuals, teams, and organizations and empowers you to make more selective, high-impact choices about where to invest your valuable time, attention, and energy.

The 5 Choices are:

1. Act on the Important, Don't React to the Urgent
2. Go for Extraordinary, Don't Settle for Ordinary
3. Schedule the Big Rocks, Don't Sort Gravel
4. Rule Your Technology, Don't Let It Rule You
5. Fuel Your Fire, Don't Burn Out

The 5 Choices will not only increase your productivity, it will also provide a renewed sense of engagement and accomplishment. You will quickly find yourself moving beyond thinking, “I was so busy today, what did I actually accomplish?” to feeling confident, energized, and extraordinarily productive.

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Eileen Smith:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled The 5 Choices: The Path to Extraordinary Productivity can be very good book to read. May be it may be best activity to you.

Jack Michaud:

People live in this new moment of lifestyle always try and and must have the spare time or they will get lot of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the actual book you have read is usually The 5 Choices: The Path to Extraordinary Productivity.

Gloria Lentz:

Many people spending their moment by playing outside using friends, fun activity having family or just watching TV the whole day. You can have new activity to spend your whole day by studying a book. Ugh, ya think reading a book will surely hard because you have to bring the book everywhere? It ok you can have the e-book, having everywhere you want in your Touch screen phone. Like The 5 Choices: The Path to Extraordinary Productivity which is finding the e-book version. So , try out this book? Let's notice.

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