



When Faster Harder Smarter Is Not Enough : Six Steps for Achieving What You Want In a Rapid-Fire World

Kathryn Cramer

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This book enables you to tap into your creativity and transform your life. For over 20 years, Dr. Kathryn Cramer has studied successful people who can reach their goals, even in the heat of high-stress environments. Her research and case studies reveal a remarkable, consistent process - available to everyone - that taps the inner strength and creativity needed to achieve long-term fulfillment while capitalizing on the demands, challenges, and debacles each day brings. "Cramer's method allows us to transform everyday pressures and problems into opportunities for creativity, passion, and purpose." - Susan C. Vaughn, M.D., Columbia College of Physicians and Surgeons, and author of "Half Empty, Half Full". "A must-read for my colleagues who are not only challenged to the hilt, but also frantic, stretched and 'chased' in the face of our turbulent industry." - Wendy Leebov, Ed. D., Human Resources, Albert Einstein Healthcare Network, and Founder, The Einstein Consulting Group. "Effective coaching on how to stop talking about the chaos and stress and how to do something effective about it!" - Arnold W. Donald, Chairman and CEO, Equal Sweetener.

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