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podcast featuring an interview with Peter Bregman. The podcast included enough thought-provoking suggestions to justify borrowing the audiobook for the daily commute. 4 Seconds: All The Time You Need to Stop Counter ... In Four Seconds, Peter Bregman shows us how to replace negative patterns with energy boosting and productive behaviors. To thrive in our fast-paced world all it takes is to pause for as few as four seconds—the length of a deep breath—allowing us to make intentional and tactical choices that lead to better outcomes. Four Seconds - Peter Bregman - Hardcover In Four Seconds, Peter Bregman shows us how to replace negative patterns with energy boosting and productive behaviors. To thrive in our fast-paced

world all it takes is to pause for as few as four seconds—the length of a deep breath—allowing us to make intentional and tactical choices that lead to better outcomes. Four Seconds: All the Time You Need to Replace Counter ... Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want by Peter Bregman, Hardcover | Barnes & Noble® Peter Bregman, author of the Wall Street Journal bestseller 18 Minutes, offers strategies to replace energy-wasting, counter-productive Four Seconds: All the Time You Need to Stop Counter ... Peter Bregman is the CEO of Bregman Partners, Inc., a coaching consultancy that helps leaders achieve their goals. He is the author of the Wall Street Journal-

bestselling book 18 Minutes and you can find his professional input in such publications as Forbes, Psychology Today and Harvard Business Review. Four Seconds by Peter Bregman - Blinkist Four Seconds In Four Seconds, Peter Bregman shows that the key to success in our fast-moving world is to pause for as few as four seconds—the length of a deep breath—to replace bad habits and reactions with more productive behaviors. Bregman Partners Peter Bregman es el CEO de Bregman Partners, Inc., una empresa consultora especializada en reforzar el liderazgo en las personas y en las organizaciones. Su libro más reciente, 4 segundos (Empresa Activa, 2015), fue elegido por el New York Post en 2015 como una lectura

imprescindible para mejorar la propia carrera profesional. Resumen del libro '4 segundos', de Peter Bregman Peter Bregman en Four Seconds plantea un sencillo truco para eliminar de una vez por todas, esa mala costumbre de actuar alocadamente sin meditar lo más mínimo: respirar profunda durante Cuatro segundos antes de tomar cualquier decisión. Blog de mambo: Cuatro segundos (Four seconds). Peter Bregman In Four Seconds, Peter Bregman shows us how to replace negative patterns with energy boosting and productive behaviors. To thrive in our fast-paced world all it takes is to pause for as few as four seconds- the length of a deep breath-allowing us to make intentional and tactical choices that lead to better

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