

# Stress Less, Accomplish More: Meditation for Extraordinary Performance

To Download this book in many format Visit :

<https://wocoentala.org/source1/6c1b8e82e55292cbf787ea870ecd702b>

---

## USA Today Bestseller | Publishers Weekly Bestseller

Foreword by Mark Hyman, MD

Preface by Andrew Huberman, PhD

You know you should be meditating, so what's stopping you? This entertaining and enlightening book by the founder of Ziva Meditation-the favorite training for high achievers-will finally take meditation mainstream.

"We meditate to get good at life, not to get good at meditation."-Emily Fletcher

In our high-stress, overworked lives, we think the answer to accomplishing more is to do more. But the best advantage we can give ourselves is to take a mental break-to spend a few minutes of the day giving the body and brain rest. Did you know that a brief meditation can offer rest that's five times deeper than sleep? When you make time to practice the Z Technique this book teaches, you'll actually be more productive than if you took an hour-and-a-half nap or had a cup of coffee.

A leading expert in meditation for high performance, Emily Fletcher has taught meditation at numerous global corporations, including Google, Barclays Bank, and Viacom, to help their employees improve their focus and increase their productivity levels. With Stress Less, Accomplish More, anyone can get the benefits of her 15-minute twice-daily plan. Emily specifically developed the Z Technique for working people with busy lives. Now, you can learn to recharge anywhere, anytime-at home or at your desk. All you need is a few minutes and a chair (no apps, incense, or finger cymbals required).

This is not just another meditation book. In Stress Less, Accomplish More, Emily teaches a powerful trifecta of Mindfulness, Meditation, and Manifesting to improve your personal and professional performance, clarity, health, and sleep. You'll learn how to cultivate Mindfulness through brief but powerful exercises that will help you stop wasting time stressing. Plus, you'll get Manifesting tools to help you get crystal clear on your personal and professional goals for the future.

Filled with fascinating real-life transformations, interactive exercises, and practical knowledge, Stress Less, Accomplish More introduces you to a revelatory daily practice and shows you how to make it work for your modern life.

You know you should be meditating, so what's stopping you?

In our high-stress, overworked lives, we think the answer to accomplishing more is to do more. But the best advantage we can give ourselves is to do less-to spend a few minutes a day giving the body and brain deep, healing rest. Did you know that a brief meditation can offer rest that's five times deeper than sleep? This makes those who practice more

productive than if they took an hour-long nap or had a cup of coffee.

While on her mission to eradicate the world of unnecessary suffering, Emily Fletcher has taught at Google, Barclays Bank, and Harvard Business School, and she has trained winners of the Oscar, Tony, Emmy, and Grammy awards; Navy SEALs; world-class physicians; CEOs; and professional athletes. In *Stress Less, Accomplish More*, she shares these same tools so that anyone can benefit from her fifteen-minute, twice-daily plan. Now you can learn to recharge anytime. All you need is a few minutes and a chair. (No apps, incense, or finger cymbals required.)

This is not just another meditation book. In *Stress Less, Accomplish More*, you'll learn a powerful trifecta of Mindfulness, Meditation, and Manifesting to improve your personal and professional performance. These tools can revolutionize your mental clarity, physical health, sex life, and sleep. You'll learn how to cultivate mindfulness through brief but powerful exercises that will help you to stop stressing. Plus, you'll get manifesting tools to help you get crystal clear on your goals for the future.

Filled with fascinating real-life transformations, interactive exercises, and practical knowledge, this remarkable book introduces you to a revelatory daily practice and shows you how to make it work for your modern life—all the while making it fun and entertaining. Emily Fletcher is the founder of Ziva, the creator of The Ziva Technique and regarded as the leading expert in meditation for high performance. The *New York Times*, *The Today Show*, *Vogue* and *ABC News* have all featured Emily's work. She has taught The Ziva Technique to more than 15,000 students around the world.

Ziva graduates include Oscar and Grammy Award winners, as well as NBA players, CEOs, busy parents, entrepreneurs and everyone in between.

Emily's recent accomplishments provide a stark contrast to the stressed out Broadway performer she was ten years ago. During Emily's career on Broadway, which included roles in *Chicago*, *The Producers* & *A Chorus Line*, she began going gray at 27, suffering from insomnia, underperforming at work and getting sick 4-5 times a year -- and believing this was all "normal."

In 2008, Emily was introduced to a powerful practice that cured her insomnia and improved her health on the very first day. She stopped going gray, she stopped getting sick, and started kicking ass at work (and loving it). Her physical and professional transformation was so dramatic that she felt inspired to share it with others.

One year later, Emily left Broadway for Rishikesh, India to begin what would become three years of teacher training. She founded Ziva in 2011 opening the NYC studio and created the world's first online meditation training.

After years of teaching thousands of people, Emily realized that meditation was not enough to help her students perform at the top of their personal and professional game. In 2017, Emily developed The Ziva Technique: a powerful trifecta of mindfulness, meditation and manifesting designed to unlock your full potential. The proven benefits of The Ziva Technique include decreased stress, less anxiety, deeper sleep, improved immune function, increased productivity and extraordinary performance.

Other Books

Menos Stress, Mais Resultado, Liderança é a habilidade mais importante do século XXI.

Todas as organizações precisam. E nenhuma tecnologia é capaz de substituir líderes. Desenvolver essa habilidade não é bom somente pra aumentar seu salário. É bom também pra sua satisfação pessoal. Sabe por quê? Porque é bom ser reconhecido. Ser admirado. É bom ajudar as pessoas. Desenvolver pessoas. O impacto que você gera liderando bem não tem preço. Este livro é um passo a passo pra você desenvolver a habilidade de liderança. A leitura é rápida, leve e agradável. E ainda tem os bônus, que você só vai descobrir lendo. Você vai aprender a: - se blindar contra o stress; - ler pessoas como se lê um livro; - engajar e motivar; - aumentar a eficiência do time; - desenvolver pessoas; - se comunicar com clareza e eficiência; - persuadir; - negociar; E muito, muito mais.

📖 📖 📖 📖 📖 . Stress Less , Accomplish More - Meditation for Extraordinary Performance . FOURNIER, Camille. e Manager 's Path - A Guide for Tech Leaders Navigating Growth and Changing. GARAY, Ricardo. Principios do PMBOK. GARR, Reynolds."