



Aligned Thinking: Make Every Moment Count (Blanchard, Ken)

Jim Steffen

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Modern life is filled with frustrations -- too much work, too many interruptions, not enough personal time, and an increasing sense of losing control and meaning. "Aligned Thinking offers a simple, sensible remedy. The key lies in three questions: "How do I get the most from the only thing I control -- my actions now?"; "With the many options I have, how do I stay focused on what I really want?"; and "What do I really want from life and work?" Written in the style of a simple fable, the book invites readers to join Ray and Carol Walters as they learn to apply the techniques of "Aligned Thinking to their own lives. Together, they discover how to understand their priorities and develop practical ways to focus on what's important. Equally good for at work or at home, "Aligned Thinking helps partners communicate and grow closer, allowing them to reduce stress and increase productivity, motivation, morale, and, most important, satisfaction.

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