



Sink, Float or Swim-Sustainable High Performance Doesn't Happen by Chance--It Happens by Choice

Scott Peltin, Jogi Rippel

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In the business world there are sinkers, floaters, and swimmers. Sinkers are overwhelmed, overworked, overtired, and nearing a crisis or burnout. They keep trying to work harder (rather than smarter) and they are unaware of the physical and mental signs that they are one breath away from going under. Floaters are too often comfortably numb as they fail to realize that they have untapped potential, but they lack the energy and strategies to make it happen. They are just trying to stay afloat, to make it through today's meetings, this week's deadlines, or this quarter's goals.

But there is hope and there is a better way. There is a way to become a swimmer: someone who is full of energy and resilience, someone who had wiped away their brain fog and their fatigue and developed the strategies and habits to energize themselves, their teams, their organizations, and their brands. You can become a high performer, at work and away from work, full of passion and self-esteem by investing in yourself and following our simple strategies.

Sink, Float, or Swim teaches you how to become a swimmer. It is full of simple and proven strategies that have worked for many top leaders and which will work for you. The unique total integration of Mindset, Nutrition, Movement, and Recovery strategies create powerful, yet very doable, habits that will pay huge dividends to your energy, resilience, and brain performance. Before you know it, you will become a better leader, you will be more productive, you will feel better, and you will improve your value to your team, your organization, and to your brand.

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Rose Nguyen:

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Andre Rosier:

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