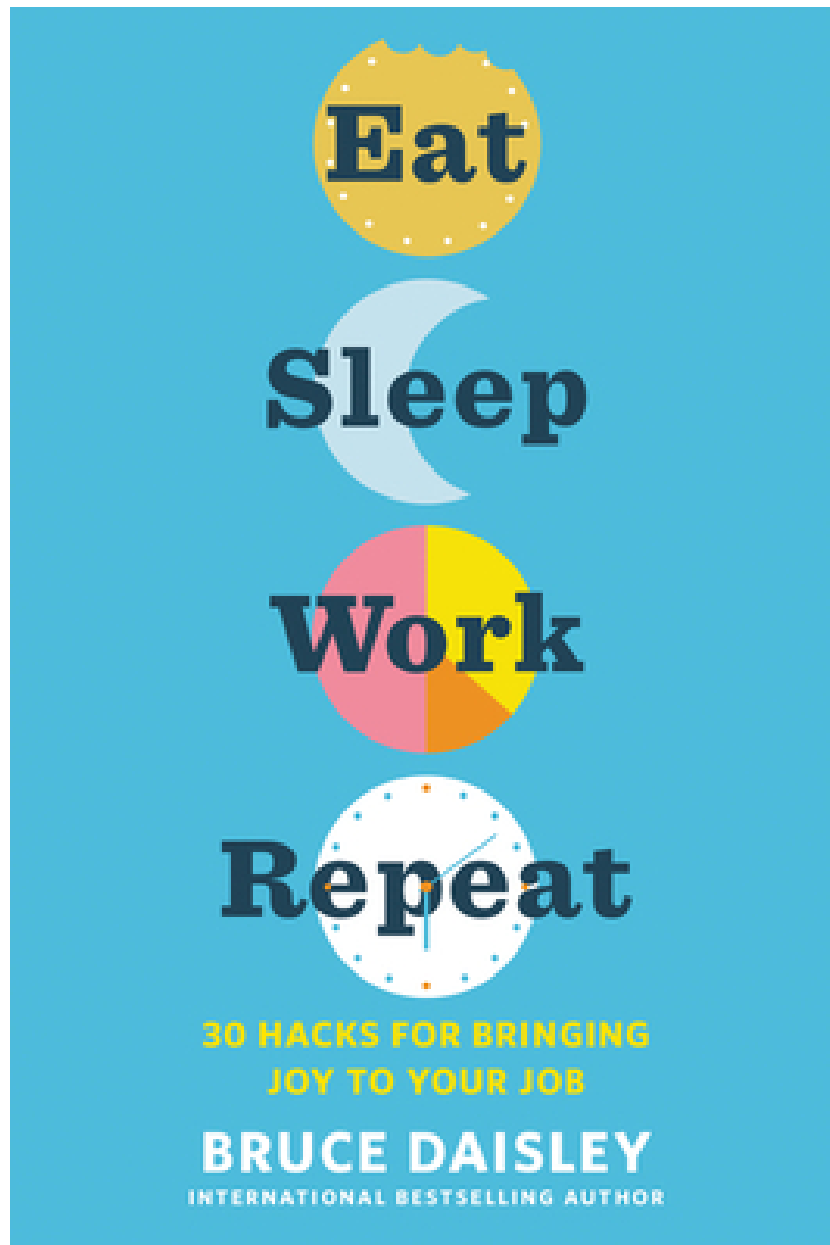


Eat Sleep Work Repeat: 30 Hacks for Bringing Joy to Your Job Book PDF Download



By:
Bruce Daisley

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Living My Best Book Life

Bruce Daisley gives an insightful look at the workplace and adds reasoning as to why employees aren't happy at their jobs. He gives examples based on statistics and experiences to show how workers can be more productive while reducing stress throughout the week and even enjoy their time at the workplace.

I really thought enjoyed this self-help book because it is coming from a well-known CEO which means this man is dedicated. I'm sure a busy man doesn't have to sit down and take the time to write

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I really thought enjoyed this self-help book because it is coming from a well-known CEO which means this man is dedicated. I'm sure a busy man doesn't have to sit down and take the time to write a book, but as I was reading I felt his willingness and eagerness to make the workplace for everyone better.

I give Eat Sleep Work Repeat 4 stars. I think Bruce Daisley creates hacks that can actually be accomplished and attainable for many. He adds a wide variety of hack and steps to take that are beneficial for everyone.

Meg - A Bookish Affair

4.5 stars. Bruce Daisley is the author of "Eat Sleep Work Repeat" and he is also the European Vice President of Twitter as well as the host of the podcast of the same title. He recognizes that many of us spend a lot of time at work and since we spend so much time at work, it's not worth being miserable. There are a few things that you can do, even if you are not a manager, to make the experience better for yourself and those around you.

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This book is broken down into great bite size pieces that give you suggestions of things to consider in order to improve your work environment as well as to help ensure that your team has what they need in order to achieve great things. In addition to suggesting what you can do, each section has concrete actions that you can take that would be easy enough to implement quickly. There are, of course, some things that are not necessarily in the everyone's span of control. For instance, for me and in my work environment, it would be very difficult to change anything having to do with space. We have the space we have and it really can't be changed. That being said, there are plenty of things that I can act on that will have the ability to make a big impact and they are pretty easy.

This is the kind of book that I want to get into everyone's hands that needs a little motivation. It seems like sometimes making changes at work may be super difficult, particularly when you're not the one in charge but this book has plenty of suggestions that you can use in order to make your own experience at work better and if you're having a better time of it, that can have a ripple effect throughout your entire unit.

I love the tone that Daisley uses throughout the books. He's positive and motivational. He uses a broad range of examples and research that show the impact that some of the things that he suggests can have if implemented. I found the book to be a breath of fresh air and a great way to reframe some of the things going on in my own mind. This would be a great pick for anyone who finds themselves working in an office environment that needs a bit of a boost! I know this is a book that I am going to keep going back to for when I need a bit of a push!

Rachel

This clever book delivers succinct messages, eliminating B-school jargon and simplifying real-world examples of how to improve your work life. While the book does make assumptions that the reader is a person with decision-making power, there are relevant lessons for anyone, regardless of pecking order.

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The format allows readers to jump around to topics without needing background reading. There are direct references in the few instances that call out to the book's other sections. Each chapter closes with "next steps", further driving the point that change can only happen with action.

I found many relevant takeaways, despite working in a different field from the examples. This was not a typical business book and not a typical self-help, but the better for it. Recommended.

I reviewed an ARC provided by my employer.

Jim Beatty

This book is excellent. MBA in 8 hours.

My mind had started to recover from the marshmallow test, only to discover the equally enlightening marshmallow experiment.

Diane

Bruce Daisley, Vice President of Twitter Europe and host of the business podcast Eat Sleep Work, puts his expertise on the page in his new book Eat Sleep Work Repeat.

Using advice from experts in psychology, economics and behavioral science, and citing in his extensive bibliography popular books like Susan Cain's Quiet, Atul Gawande's The Checklist Manifesto, and Sheryl Sandberg's Lean In, Daisley has 30 hacks to help people become more productive and happier at work.

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The book is divided into three sections- Recharge, which has advice to make you more productive, Sync, which is geared towards team building, and Buzz, which gives the reader tips from successful teams.

Recharge is the section most relevant to individuals at work, and the section that I found most helpful. The first suggestion begins with multiple studies that posits that the popular "open plan" design of offices, where everyone works in cubicles and no one has offices, doesn't work well. Daisley's conclusion is that the noise and constant distractions of the open plan office create massive amounts of wasted time.

Studies show that people who work in open plan offices take "significantly more sick days", and that when they are at work, they are interrupted an average of every three minutes by coworkers with questions. (That reminds me of being a mom of a toddler.)

Younger workers tend to use headphones at work, a habit that older workers find offensive. However, studies show that people wearing headphones actually allow workers to concentrate on their tasks without being interrupted. Daisley suggests that headphones be allowed for part of the day, say in the morning, and then following the lunch break, no headphones are allowed, which encourages people to share ideas more freely.

Contrary to popular belief in many industries, like finance, working more hours doesn't mean that more work gets done. Dailey cites studies that have concluded that the human brain is hardwired to make a certain number of decisions per day and once you reach that limit, you can't make any

more. The quality of decisions made after working more hours decreases significantly.