

# 4 Seconds Peter Bregman

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### **4 Seconds Peter Bregman**

“Peter Bregman is back, this time with an even faster way to find your focus and get back on track when life throws you off. His honesty and empathy for his own failings make Four Seconds a refreshing read.” (Daniel H. Pink, author of To Sell Is Human and Drive)

### **Four Seconds: All the Time You Need to Replace Counter**

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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.

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## **Four Seconds | Bregman Partners**

I read *Four Seconds* after listening to an HBR 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 that the answer 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. In his trademark style of blending personal anecdotes with practical advice, Bregman reveals some of our most common counter-productive tendencies and describes counter-intuitive strategies for acting more intentionally, including:

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### **Amazon.com: Four Seconds: All the Time You Need to Replace ...**

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.

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### **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**

4 4 SECONDS Four Seconds to a Better Habit There is good news: this is not a hard problem to solve. In fact, all you need is four seconds. Four seconds is the amount of time required to take a single breath. That short pause is all you need to see where you're going wrong and to make a little shift.

### **4 seconds - Bregman Partners**

Peter Bregman es el CEO de Bregman Partners, Inc., una

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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 his new book, Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want, Peter Bregman argues that the key to success in our fast-moving world

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is to...

### **How To Stop Counter-Productive Habits In 4 Seconds**

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 : 9780062372420**

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 reveals:

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## **Four Seconds - HarperCollins US**

4 Seconds Peter Bregman 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. Peter Bregman 4 Seconds to Effective Leadership and Life

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### **Four Seconds eBook by Peter Bregman - 9780062372437**

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4 Seconds Quotes Showing 1-4 of 4 “Saying thank you is never a waste of time.” — Peter Bregman, Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want

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