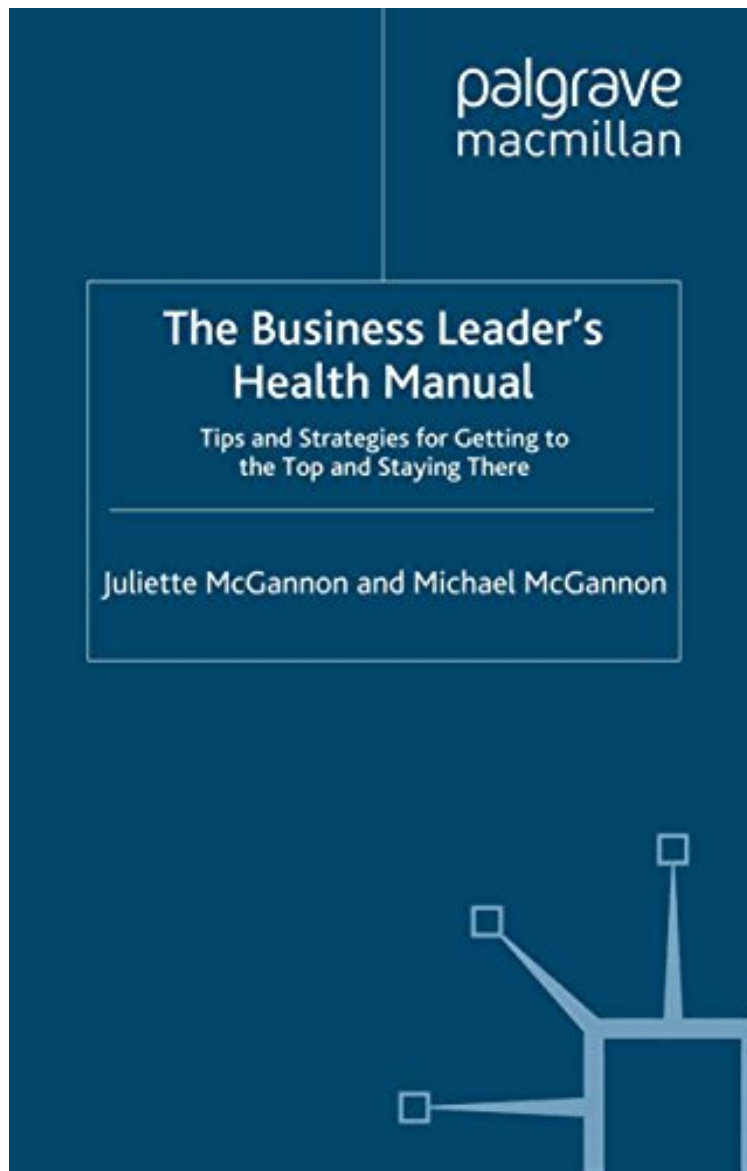


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The Business Leader's Health Manual: Tips and Strategies for getting to the top and staying there (INSEAD Business Press)

J. McGannon

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J. McGannon : The Business Leader's Health Manual: Tips and Strategies for getting to the top and staying there (INSEAD Business Press) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Business Leader's Health Manual: Tips and Strategies for getting to the top and staying there (INSEAD

Business Press):

Many business leaders do not take care of their health. Each chapter of this interactive manual explores an aspect of the health and vitality of the modern business leader, and provides solutions based on up-to-date medical science and more than 20 year's experience at INSEAD with more than 75,000 corporate executives.

"The McGannons have run a Leader's Health Program (LHP) at INSEAD for the past 20 years with remarkable results. They provided me with a 360deg; fitness perspective and helped me build even stronger personal momentum. Since meeting them, I have quit smoking and found the motivation to run 7 marathons. Don't have a triple bypass at 50 read this book!" - Prof JC Larrecheacute;, A.H. Heineken professor of Marketing at INSEAD and author of the best selling *The Momentum Effect*. 'Leadership is one of these great journeys into your own soul. As we only go around once in life, my voyage thus far has showed me how important the partnership between body soul is, and in maintaining our optimum physical (health) and well being. This book by Michael and Juliet is a great contribution to the study of leadership health and will add appreciably to reader's knowledge on this important topic.' - Mr. Waleed Al Banawi, Vice Chairman, Banawi Industrial Group 'Ultimately success in business is about optimizing performance and gaining competitive edge. It's about being agile and managing change more effectively than others. It's about being resilient, both physically and emotionally in order to deal with the unprecedented demands which business leaders currently face. That is why the work of Mike and Juliette McGannon is so important. For twenty years they have helped countless Business Leaders achieve success by optimizing their personal effectiveness. While their message has always been very clear, and uncompromisingly persuasive, it is now grounded in years of extensive research and insightful experience.' - Paul Hennessy, Partner, PriceWaterhouseCoopers, Ireland 'Juliette and Michael are effectively taking a holistic approach to health as a key element of the long term effectiveness of executives. Any leader in today's hectic world has to balance work and life demands as well as sustain a sound level of both mental and physical health. Juliette and Michael succeed in introducing pragmatic and simple concepts to executives, getting high powered managers to confront with their lifestyles centering around busy schedules.' - Roland Bruhin, Regional Director North / SE Asia, Zuellig Pharma Asia Pacific 'Juliette Mike McGannon are doing what they are best at - showing the way to leaders; The McGannons very compellingly set the context of the exercise by leading them to confront and answer questions related to their personal priorities in life. Having established these priorities, the husband and wife duo run the participants through the theory and practice of 'healthy living'. Their methodology does not rely on esoteric diets, fancy outfits or expensive equipment. Instead, it relies on basic common sense laced with a compellingly positive vision of one's own future.' - Daljit Singh, President-Strategy Organisational Development, Fortis Healthcare Ltd, India 'Leadership and Management what does that mean? Too many people seem to manage everything but themselves otherwise how do you explain the world's obesity crisis? Four months into implementing changes based on Michael's lectures my body fat dropped by 5 kg, triglycerides are down 43% and HDL is up 30%. My HDL/Tri ratio went from 3 to 1 if you don't know what that means and how to do it it's time to pick up this book and start managing yourself.' - Stefan Heitmann, General Director, Zuellig Pharma Vietnam "I truly believe this workshop (Business Leader's Health Programme) has a significant impact on how our leadership team choose to lead their lives and how much more they can enjoy their lives even when they have to face the many challenges both in work and their personal lives. It is empowering to know that we can manage our health outcomes through the choices we make, how we think and how lead our lives. The workshop provides practical advice on how to do this even if you are a very busy executive with little time to spare for yourself." - Jordan Ter, Managing Director, Merck Sharp Dohme, Taiwan ROC About the Author; JULIETTE MCGANNON, RM, CFI, is the Managing Director of the MIPH (McGannon Institute of Proactive Health), based in Nice, France, as well as the Director of the Leader's Health Programme (LHP) at INSEAD. She received her training in California in nutrition and physiology and her field of expertise is fitness prescription and effective stress management. She is the innovator of S.M.A.R.T. (Stress Management And Relaxation Techniques), the Forest Paris Expeditions (Team Building) and Yoga for Managers modules. These modules have been enjoyed by over 75, 000 international managers from over 40 countries. Her audio CD, *Managing Personal Professional Balance during Life's Hurricanes* has brought welcome relief to tens of thousands of managers. Her present research project is focussed on the techniques that optimally balance the left and right brains during stressful moments. DR MICHAEL MCGANNON, MD is a specialist in preventative medicine, particularly as it applies to business life. He holds a doctorate in medicine from Georgetown University (Washington, DC, USA) and a post-doctoral research fellowship in Gastroenterology (Digestive Diseases) from Stanford University Medical Center (California, USA). He has also written extensively at the health/business interface for such international publications as *The International Herald Tribune* (Paris), *The Financial Times* (London), *L'Impresa* (Milano), *The Business Times* (Singapore) among others. They have conducted the Leader's Health Program (LHP) at business institutes, corporations, and embassies

throughout Europe, the US, the Middle East and Asia.