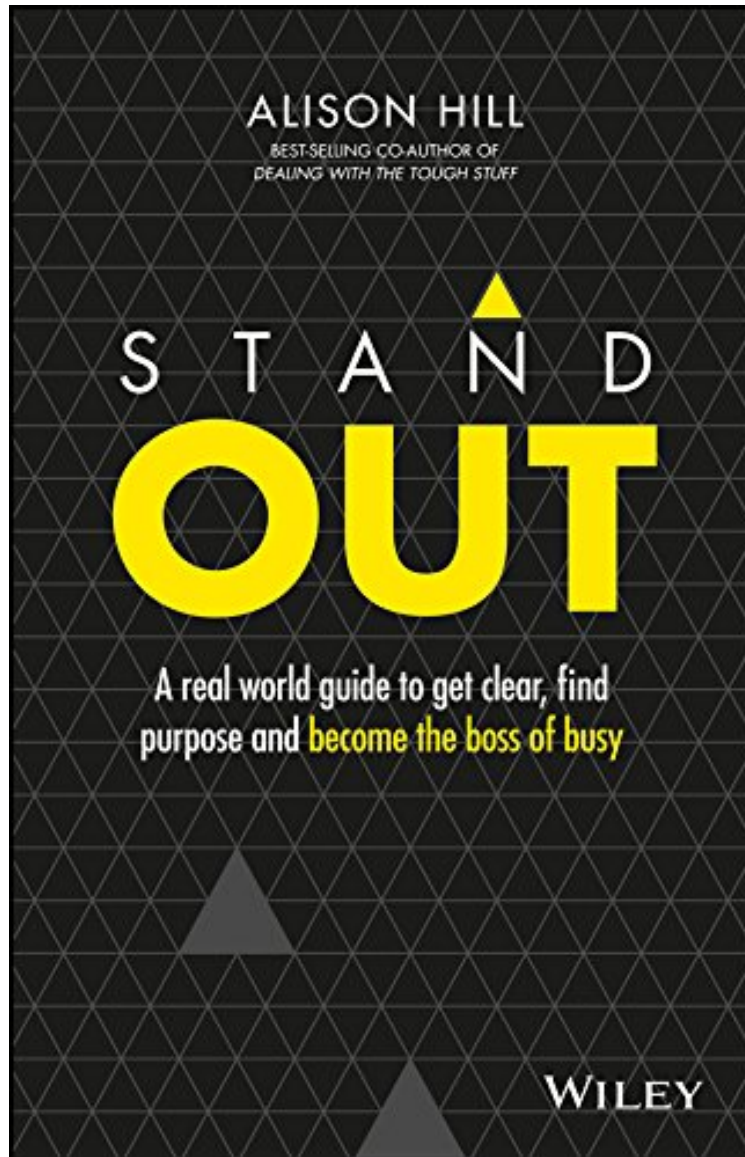


[Download] Stand Out: A Real World Guide to Get Clear, Find Purpose and Become the Boss of Busy

## Stand Out: A Real World Guide to Get Clear, Find Purpose and Become the Boss of Busy

*Alison Hill*

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**Alison Hill : Stand Out: A Real World Guide to Get Clear, Find Purpose and Become the Boss of Busy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Stand Out: A Real World Guide to Get Clear, Find Purpose and Become the Boss of Busy:

0 of 0 people found the following review helpful. About as personal and true as a self help book ever gets. Wow.By TroubleI have to say that this writer had me from the very first few pages. She.is.all.of.us. Not even dealing with all

the distractions of the outside world, she was crazed just by the things in-house: the anxiety, the self monologues, all of it is enough to kill a person. Then she said: TO PLAY BIG INSTEAD OF PLAYING SMALL. FOR REALS. I was already at the point of stating my love for her even before she signed it, Love Ali x. There is a kind of research that makes me crazy: anecdotal evidence. It is really shocking how often it is used in place of real thought. This is not happening in this book. Allison Hill's book isn't about other people. It's about her and me. I guess it could be about HER and YOU, too. 0 of 0 people found the following review helpful. Good Content, Exhausting Style By Antigone Walsh I liked the content of this book more than the style. It just tries to hard too be cool and young. The occasional expletives are unnecessary and the design of the book with black pages featuring a single not so profound sentence makes it seem choppy. Still the information is valid and the author provides practical exercises thereby making the principles easy to implement. The appendix contains a planner that encourages readers to actually use the material. While the style and stories will most likely appeal to millennials, the material would be helpful to anyone who feels life has them running in place. 0 of 0 people found the following review helpful. Reclaim your life from yourself By JThe author starts by sharing her own meltdown experience and how she had to take a timeout to free her mind and come to grips with what occurred. She realized she was creating the environment that led to her burnout and began working to reclaim her life. Hill wrote this book to help others who feel burned out and overwhelmed by life. She shares advice and tips to help the reader identify potential triggers for burnout. She also provides helpful tactics for overcoming specific issues and reclaiming your life. Many various topics are touched upon and Hill's advice and strategies can be applied to both professional and private life. She includes a "stand out planner" to help readers put thoughts into action. Hill is pretty blunt and straightforward in her writing. She relates to the reader in a conversational tone rather than a clinical approach. This made it easier for me to relate to her emotions as she described going through her own inner turmoil. It also made it easier to relate to and absorb the subsequent advice. She does swear occasionally. I personally have no problem with this but some may find swearing offensive, so I'm putting it out there as a heads-up. I enjoyed the flow, pacing and content of the book. If you or someone you know is overwhelmed and potentially suffering from burnout, this is a pretty good and informative read for reclaiming an out-of-control life. Some of the info will seem new, some not so new. I found plenty of helpful and useful information within the pages of Stand Out. The author talks to you, not at you. Not everyone will like this approach but it works well for those who do. She also makes it easy to put the ideas within into action with plenty of practical exercises and step-by-step guides that assist with eliminating destructive habits and rituals.

Tools, tips and strategies to stop the cycle of 'busy' and start getting ahead Stand Out shows you how to stop working so much, and start achieving instead. Everyone is busy, but working harder to do more isn't getting us anywhere. We're overwhelmed, distracted and detached, and our greatest fear is that this will never change. This book is your guide to taking back your life. Through simple models, robust diagnostics and practical suggestions you'll identify where you are now and how to implement real change. Explore how to move on from Check Out (the sense that you are just going through the motions), combat Burn Out (the feeling that you're on a treadmill that is dialled too fast for your legs, brain and talents to keep pace with) and move through Freak Out (that overriding anxiety generated by knowing where you want to go but not getting any traction). Real-life stories, anecdotes and 'life hacks' provide ideas you can implement immediately, while in-depth discussion of psychological theory explains the science behind the actions. The goal is not to find your One True Passion, but to identify what's most important right now. When you're clear on purpose and actually making progress, you hit the sweet spot of activity that allows your talents to shine. The concept of 'being at work' has changed. We're expected to be plugged in 24/7, and continually expected to do more and more with the same 24 hours in every day. Organisations suffer, families suffer and workers suffer — so why do we perpetuate this cycle? This book shows you how to hop off the hamster wheel and thrive through relentless change by doing less — but by doing it smarter. Treat self-care as an imperative for success Connect to what's important here and now Stop day-dreaming and put action to purpose Take control of your day, your path and your life It's not about productivity training or the latest organisational system — it's about having the tools, mindset and skills in place to make your activities work for you. Stand Out helps you find the courage and optimism to live the life you crave, let go of the 'shoulds' and shows you how to prioritise what really matters.

From the Back Cover STAND OUT DON'T FREAK OUT Being busy has become a badge of honour — albeit a heavy, awkward, uncomfortable badge that doesn't go with anything in your wardrobe. It doesn't have to be like this, you can bring calm to the chaos. Whether you find yourself checked out, burnt out, or just plain freaked out, I'm here to tell you this: you deserve better. Using psychology, this book takes you deep into the key pillars for our happiness, health and sanity to help you live a life filled with purpose and progress; a Stand Out life. But be fairly warned. Your journey won't be without challenge — you will be digging in, and so you should, because the stakes are crazy-high; I mean, this is big. Imagine a life to truly brag about, where those things that matter get done. Go on, close your eyes and imagine it for a second. Bliss, right? A bit scary too? Good. You're in the right place. So I'll see you on the flip side. Technically I suppose that's the inside, right? Together we've got this. About the Author Alison Hill is

Australia's coolest psychologist. A regular on mainstream TV and in print media, she is the co-founder of Pragmatic Thinking, a behaviour and motivation strategy company that carries a client list such as Pepsico, Suncorp, McDonald's and Siemens, to name a few. An international and in-demand keynote speaker and even more in-demand mum, Ali is also the best-selling co-author of Dealing with the Tough Stuff.