



Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life

By Tom Rath

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Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life By Tom Rath

Tom Rath's latest international bestseller (6th WSJ/NYT bestseller, over 6 million copies sold) reveals the three keys that matter most for our daily well-being, as well as our engagement in our work. Drawing on the latest and most practical research from business, psychology, and economics, this book focuses on changes we can make to create better days for ourselves and others. *Are You Fully Charged?* will challenge you to stop pursuing happiness and start creating meaning instead, lead you to rethink your daily interactions with the people who matter most, and show you how to put your own health first in order to be your best every day.

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Editorial Review

From the Back Cover

"Tom Rath's books -- which include *StrengthsFinder 2.0* and *Eat Move Sleep* -- have sold 6 million copies and spent 300 weeks on the *Wall Street Journal* bestseller list. This one is arguably Rath's best. He has written a book that is as readable as it is rigorous and as profound as it is practical."

?DANIEL H. PINK, author of *Drive* and *To Sell Is Human*

Are You Fully Charged? is about renewing ourselves in the fullest sense. Drawing on his extensive research, Tom Rath provides us with the three key pillars that can help create a life of more meaning and perspective: being part of something larger than ourselves, valuing people and experiences over mere stuff, and understanding that looking after our own well-being is the first step to doing more for others. An essential book for anyone wanting more out of life.

?ARIANNA HUFFINGTON, author of *Thrive* and co-founder of *The Huffington Post*

"Tom Rath's brilliant new book, *Are You Fully Charged?*, builds on his mega best-selling *StrengthsFinder* series to show you can lead a more meaningful life that results in more energy and better interactions every day. If you follow Rath's wise counsel and adopt his practical advice, your life will be more fulfilling and rewarding. Rath's best book yet."

?BILL GEORGE, author of *True North* and former CEO of Medtronic

"How to live? That is the question -- and Tom Rath has the answer. In his important new book, *Are You Fully Charged?*, Rath draws on his decades of research -- and his deep humanity -- to point you in the right direction, and to instill your journey with joy and meaning."

?SUSAN CAIN, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*

"*Are You Fully Charged?* lays out a blueprint for a better life that creates more energy. Rath's book is easy to read, research-backed, and immediately practical."

?CHIP AND DAN HEATH, authors of *Decisive*, *Switch*, and *Made to Stick*

"Once again, the brilliant Tom Rath has written an absolutely indispensable book. Here, he reveals how meaning, interactions, and energy are the three crucial elements to allow us to live happier, healthier, more productive lives. *Are You Fully Charged?* will inspire people to make changes, starting tomorrow morning."

?GRETCHEN RUBIN, author of *The Happiness Project* and *Better Than Before*

"Tom Rath reveals that engagement depends not on happiness, but on meaning, interactions, and energy. This important, lucid book is full of fresh evidence that you can put into action to shift your motivation into a higher gear."

?ADAM GRANT, Wharton professor and author of *Give and Take*

About the Author

Are You Fully Charged? reveals the three keys that matter most for our daily well-being, as well as our engagement in our work. Drawing on the latest and most practical research from business, psychology, and economics, this book focuses on changes we can make to create better days for ourselves and others. *Are You*

Fully Charged? will challenge you to stop pursuing happiness and start creating meaning instead, lead you to rethink your daily interactions with the people who matter most, and show you how to put your own health first to be your best every day.

This book is part of a new series from #1 *New York Times* best-selling author Tom Rath that challenges people to rethink what's most important for their work and well-being. The series includes a feature-length movie, interviews with top social scientists, a new children's book, an app, and a website filled with resources for improving well-being.

Tom Rath is an author and researcher who studies the role of human behavior in business, health, and well-being. Tom has written five *New York Times* and *Wall Street Journal* bestsellers over the past decade, starting with the #1 *New York Times* bestseller *How Full Is Your Bucket?* His book *StrengthsFinder 2.0* was the top-selling book of 2013 worldwide on Amazon. com. Tom's latest bestsellers are *Strengths Based Leadership*, *Wellbeing*, and *Eat Move Sleep*. In total, his books have sold more than 6 million copies and have made more than 300 appearances on the *Wall Street Journal* bestseller list.

Tom serves as a Gallup senior scientist, where he previously spent thirteen years leading the organization's work on employee engagement, strengths, leadership, and well-being. He is also a scientific advisor to Welbe, a startup focused on wearable technology. Tom holds degrees from the University of Michigan and the University of Pennsylvania, where he is now a regular lecturer. Tom, his wife, Ashley, and their two children live in Arlington, Virginia.

Users Review

From reader reviews:

David Hernandez:

A lot of people always spent their free time to vacation or maybe go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a reserve. The book *Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life* it is extremely good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy typically the e-book. You can more effortlessly to read this book from your smart phone. The price is not too expensive but this book features high quality.

Darcie Hartman:

People live in this new time of lifestyle always try to and must have the spare time or they will get great deal of stress from both lifestyle and work. So , whenever we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we consult again, what kind of activity have you got when the spare time coming to you actually of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, typically the book you have read is definitely *Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life*.

Sadie McBride:

This Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life is fresh way for you who has intense curiosity to look for some information mainly because it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life can be the light food to suit your needs because the information inside this particular book is easy to get by means of anyone. These books acquire itself in the form that is reachable by anyone, yeah I mean in the e-book form. People who think that in e-book form make them feel drowsy even dizzy this reserve is the answer. So there isn't any in reading a reserve especially this one. You can find actually looking for. It should be here for you actually. So , don't miss this! Just read this e-book type for your better life and knowledge.

Donald Fujita:

That book can make you to feel relax. This particular book Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life was colourful and of course has pictures around. As we know that book Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life has many kinds or type. Start from kids until young adults. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that.

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