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Four Seconds | 18
Minutes

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Four Seconds -

Peter Bregman
(Interview)

Four Seconds: In-
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~~FOUR SECONDS 18~~

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~~Distraction, and Get
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Courageous and
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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~~

Peter Bregman tells stories about his life to share ideas on productivity, performance, and life. The ideas are simple to understand though they may be challenging to implement. Each

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~~Chapter~~ focuses on one key idea. Some you may already do, some you may question.

~~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

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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

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endencies and
describes counter-
intuitive strategies
for acting more ...

~~4 SECONDS: All the
Time You Need to
Stop Self-Defeating~~

...

“ Peter Bregman is
back, this time with
an even faster way
to find your focus
and get back on

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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) “ Bregman ’ s
insights are life-
changing, often
surprising,

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and most
Peter Dregman
importantly entirely
practical.

~~Four Seconds: All
the Time You Need
to Replace Counter~~

...

4 4 SECONDS Four
Seconds to a Better
Habit There is good
news: this is not a
hard problem to
solve. In fact, all

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~~Robert Bregman~~
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~~

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About the author

Four Seconds
(2015) gives
precise examples of
how to rid yourself
of self-defeating
habits at work, at
home and in your
relationships. A
four-second pause
helps slow down
hasty, unhappy
reactions and is the
first step to

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~~reworking the way~~
you communicate
with others and
receive feedback
from them.

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In Four Seconds,
Peter Bregman
shows that the key
to success in our

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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.

~~Bregman Partners~~
According to Peter Bregman, CEO of Bregman Partners,

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Inc., a company that strengthens leadership in people and in organizations, four seconds is all it takes to solve a lot of life ' s problems. Bregman outlines an innumerable list of strategies on becoming more productive, setting goals, and creating

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Better Relationships.

Some of the points
taken away are:

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~~Peter Bregman~~

In Four Seconds,

Peter Bregman

shows us how to

replace negative

patterns with

energy boosting and

productive

behaviors. To

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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: *

Why listening-not arguing-is the best

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Peter Bregman |
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In Four Seconds,
Peter Bregman
shows us how to
replace negative
patterns with
energy boosting and
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behaviors. To
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Peter Bregman,
author of the WSJ
bestseller 18
Minutes, shows us
how to avoid the
ineffective habits
and destructive
knee-jerk reactions
that derail our dail...

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Peter Bregman 4
Seconds to
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Leadership and Life
Today we ' ll be
talking with Peter
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Focus, Masterman

Distraction, and Get
the Right Things

Done, and his latest
award-winning book

Four Seconds: All

... How To Stop

Counter-Productive

Habits In 4 Seconds

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how to rid yourself

of self-defeating ...

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In Four Seconds ,
Peter Bregman
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patterns with
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Why listening-not
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energy boosting and
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