

Simone Janson (ed.)

Renounce the constant stress, organise everyday
work in a relaxed manner, set priorities & amp;
make the right decisions, change your life with
time management

OUT

OF THE HAMSTER WHEEL



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Imprint

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. After all, who hasn't dreamed of breaking out of everyday work and letting go of the constant overwhelming demands? After all, the ever faster digital development and the increasing pressure to perform as well as to success is taking its toll on us all. But a total outbreak, for example for a trip around the world, is not always sensible or even possible. But the good news is that everyone can significantly reduce their daily workload using simple methods and thus break out of the stress spiral in their everyday work. This book shows how you can live according to the motto "less is more", organize yourself accordingly and change your job and private life in the long term.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

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Achievement or freedom: The right perspective changes life

// By Simone Janson

Achieve significantly more with less effort ?! Personal freedom, a self-determined and happy life? For this we do not have to turn it completely upside down, but "simply" take on completely new perspectives.

The power of motivation: Faith moves mountains?

"If I only believe in success, then it sets itself already ...", "If I firmly believe in health, then any illness passes ...", "If I believe that I reach my goal, then it works already ". How about instead: "Get out of the hamster wheel for more success!"

We basically know how important motivation and belief are, and many people also try to believe in certain things. Nevertheless, it often works in the implementation not quite as easy as originally thought.

... but how does it work?

Because, of course, only faith alone never helps. Only by purely positive thinking it does not work either. But it's a start. Only: we often do not really know HOW the whole - the belief, the positive thinking - works at all. No wonder, he does not just stand by with a snap of his fingers. Words such as "Believing means not knowing" are not exactly helpful.

That is why perhaps even the greatest challenge that must be mastered is to develop faith. We can strengthen faith in ourselves, in success, in a goal only through regular training. For: Faith comes from a thought that is always thought.

From thoughts become beliefs

If we think about something in the same way, this thought becomes a belief. For example, if we have had flu over the past few years in the fall, we think that we will not be spared again this year.

Sooner or later we even believe in a new infection. And: It will happen to us "in our faith ..." - we lie flat! Every thought that we think over and over again becomes a belief!

Positive thinking can help us reach the goal

The goodness of beliefs: We can also develop faith in a positive sense. For this reason, we should always have good thoughts and nurture: thoughts of what we want - not to what we do not want - thoughts of our goals.

The more we indulge in nurturing and nurturing our thoughts, the stronger our positive thinking becomes. And with our faith, we will meet our goal faster - success, happiness, health, freedom - also and especially in terms of more humane working hours.

Lazy or Efficient: That's what science says

Because we do not always have to work until we drop - even a false belief. This can also be scientifically substantiated: The Paris-based economic research institute Coe-Rexecode has published a study that examines working hours of people from different countries and comes to the conclusion:

Germans work longer than many of your EU neighbors, but not the longest. Only: What actually says the working hours about the actual performance? Please just think a step further! What bothered me, for example, was the statement that the Finns are the laziest. Maybe they are simply very efficient?

What do such numbers say?

But in turn: The study has compared the effective and target working hours in different European countries. And came to the following results: The Germans work on average effectively six weeks longer than eg the French, namely 1904 hours a year. However, they are far from being the frontrunners, with Romanians (2095 hours), Hungarians (2021) and even Greeks (1971) working much more, while the Finns are in last place with 1670 hours.

The fact that Germany is on the third to last place in the collectively agreed working hours with 1659 hours, as well as the fact that self-employed significantly longer, maloch, namely in Germany on average 2459 hours a year, which is only surpassed by the Austrians with 2551 hours , Or also that the Germans have the most days off in the year together with the Danes. But what do such numbers say?

Presence culture instead of efficiency

But only how long the employees actually physically present to meet the still prevailing presence culture. Or maybe how much time was filled with actionism rather than efficiency.

But by no means, how long and how well worked really efficient. The numbers are actually not much more than stupid cock comparisons, the statement that the Finns are the laziest, simply wrong. Too bad that such work-time comparison studies still bring out and thus a rather old-fashioned world view, the presentism manifests!