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Four Seconds: All the Time You Need to Stop Counter-Productive Habits and Get the Results You Want

Peter Bregman

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Peter Bregman, author of the *Wall Street Journal* bestseller *18 Minutes*, offers strategies to replace energy-wasting, counter-productive habits that commonly derail us with truly effective ones.

The things we want most—peace of mind, fulfilling relationships, to do well at work—are surprisingly straightforward to realize. But too often our best efforts to attain them are built on destructive habits that sabotage us. In *Four Seconds*, Peter Bregman shows us how to replace negative patterns with energy boosting and productive behaviors. To 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 strategy for changing someone's mind
- Why setting goals can actually harm performance
- How to use strategic disengagement to recover focus and willpower
- How taking responsibility for someone else's failure can actually help your team

Practical and insightful, *Four Seconds* provides simple solutions to create the results you want without the stress.

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