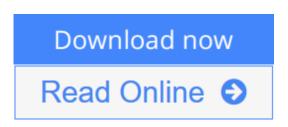


The Hamster Revolution: How to Manage Your Email Before It Manages You (Bk Business)

By Mike Song, Vicki Halsey, Tim Burress



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Is email taking over your life? Meet Harold, an HR director so overwhelmed by email he feels like a hamster on a wheel. Just in time, Harold meets a coach who shifts his focus from time management to a simple yet surprising new way to manage email.

The coach helps Harold conquer email overload, write incredibly effective messages, and get organized forever. Suddenly, Harold can find every file in a flash! Harold saves 15 days a year, reclaims his life, and propels his career to new heights.

The Hamster Revolution is packed with surprising strategies and powerful tech tips. It includes a landmark case study that shows how 2,000 Capital One associates each saved over two weeks a year. Now in its tenth printing, this best-seller is a must read for every busy professional.

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- Sales Rank: #276345 in Books
- Brand: Berrett-Koehler Publishers
- Published on: 2008-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.38" h x .41" w x 5.60" l, .40 pounds
- Binding: Paperback
- 129 pages

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Editorial Review

Review

"A fun read and smart solution to the serious problem of email overload." -- --Marcus Buckingham, author, Now Discover Your Strengths

From the Publisher

Praise for The Hamster Revolution for Meetings

"A gem! This book will take your career to new heights!" -Ken Blanchard, *The One Minute Manager*®

"The best meeting effectiveness tools ever!" -Richard L. Andersen, EVP, San Diego Padres

"Chock full of practical, creative tips for leveraging today's e-calendar and web meeting technology." -Jan Baldwin, Co?CEO, NTH Generation Computing

"Brilliant, timely, and deceptively simple!" -Paul Ruane, Director of Learning and Development Schering Plough

From the Author Hi! Mike Song - lead author of The Hamster Revolution here.

With over 125,000 copies in print - we are truly amazed and humbled at the global reception to our Hamster book series. If your organization is suffering from email or meeting overload - these books will help save your people over 30 days a year!

Please contact me with questions about our award-winning Get Control! of Email and Meetings training. Our hamster insights are all based on real world research and training insights with companies like McDonalds, Mercedes Benz, Novartis, and Capital One. Just google 'hamster revolution getcontrol' to find me.

Mike Song | CEO | GetControl.net | Lead Author - The Hamster Revolution

Users Review

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Susie Vadnais:

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Florence Taylor:

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