

Overcoming Overwhelm

Practical Strategies for Beating Decision Fatigue

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Decision Fatigue – That sinking feeling you get when the crush of opt-ins, opt-outs, updates, pop-ups, and endless interruptions have gotten the better of you. Today’s overwhelming number of daily choices drain your brain of the energy it needs to make the best decisions. As a result, you take dumb shortcuts. You tweet without thinking. You splurge on the outfit that blows your budget. You let the dealer talk you into a warranty you don’t need.

Overcoming Overwhelm is an uplifting read that shows you how the best decision makers manage this daily chaos and come away with their sanity intact. Learn how to eradicate APPoplexy™, Safe Decision Syndrome™, and Menu-driven Thinking™. Take control of your mental energy and make decisions that will propel you to better outcomes. Discover more than 40 strategies guaranteed to beat this scourge of the everyday workplace.

Learn:

- How to frame commitments using three time-limiting phrases. (page 77)
- How to train people to get to the point using one simple question. (page 78)
- How to bring inefficient meetings to a close without offending the person running it. (page 79)
- How the magic of “other commitment” will add as much as a week to your annual calendar. (page 85)
- How top decision-makers use proactive maintenance scheduling to save precious hours and thousands of dollars per year. (page 107)

Bob Wendover is the award-winning author of twelve books including, *Figure It Out*, *Work Wise*, *Smart Hiring* and the forthcoming *Interviews Don’t Work*. He has been helping employers improve their workplace outcomes for more than 30 years. For more, go to www.common senseenterprises.net.