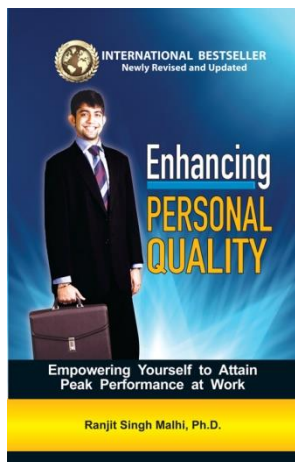


Enhancing Personal Quality: Empowering Yourself to Attain Peak Performance at Work



Outstanding Features

This book breaks new ground by providing a verifiable definition of “Personal Quality” and a proven and comprehensive model for enhancing it. It provides a step-by-step and practical blueprint (10 useful self-quizzes and 9 “how-to” exercises) for enhancing personal quality and attaining peak performance at the workplace. The wide-ranging content of the book covers virtually all the topics of most concern to the average individual /employee. The book is well-researched and encompasses virtually all the elements acknowledged by authorities to be essential for enhancing personal quality. The layout and presentation of the book makes it highly readable. The work is presented in layman's language. It has more than 30 charts and 12 cartoons. In a nutshell, the book is relevant to every individual who aspires to attain peak performance at the workplace or to enhance personal effectiveness. The numerous practical tips and wide-ranging content also make it an invaluable handbook for human resource practitioners, consultants and trainers.

Endorsements

“It is an excellent combination of theory, practical guidelines and ‘how-to’ exercises. I recommend Enhancing Personal Quality to those who aspire to become peak performers.”

– Charles A. Garfield, Ph.D., bestselling author of *Peak Performers* and *Second to None*.

“This is a powerful, well-researched and practical work which brings new insights into the field of personal quality. It provides a definition of personal quality and a comprehensive blueprint for the journey to achieve personal excellence. Highly recommended!”

– Bernard F. Sergesketter
co-author of *Quality is Personal*

Price

RM45.00 (includes mailing within Malaysia).

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