

the energy bus

the energy bus is more than just a bestselling book—it's a transformative approach to leadership, mindset, and personal growth that has reached millions worldwide. This article explores the principles behind "The Energy Bus," its author, Jon Gordon, and the impact of its ten rules for fueling positivity and driving success. Readers will gain insights into how the energy bus framework can be applied in both personal and professional settings, the science behind positive energy, and practical strategies for embracing change and overcoming negativity. Whether you are interested in organizational culture, team dynamics, or self-improvement, this comprehensive guide will provide actionable steps and expert perspectives to help you "get on the bus" and steer your life toward greater fulfillment and achievement.

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Understanding The Energy Bus Concept

The energy bus is a metaphorical journey that represents the path to personal and professional success through positive energy, vision, and leadership. Originating from Jon Gordon's influential book, "The Energy Bus," this concept has become a cornerstone for individuals and organizations seeking to cultivate optimism and resilience. The central idea is that everyone drives their own bus, and the energy they bring determines the direction and outcome of their journey. The energy bus framework encourages readers to take control, surround themselves with supportive "passengers," and eliminate negativity to reach their goals. By adopting this mindset, individuals can overcome obstacles, improve relationships, and create a culture where positivity fuels performance.

About Jon Gordon: The Author Behind The Energy Bus

Jon Gordon is a renowned speaker, consultant, and author best known for "The

Energy Bus." His expertise lies in leadership, motivation, and building positive teams. Gordon's work has been embraced by Fortune 500 companies, professional sports teams, schools, and non-profit organizations. With a background in psychology and business, Jon Gordon blends practical wisdom with motivational storytelling, making his messages both relatable and actionable. His teachings emphasize the importance of maintaining a positive attitude, developing strong relationships, and creating a vision for success. Through books, workshops, and keynote speeches, Gordon has inspired millions to transform their lives and workplaces using the principles of the energy bus.

The Ten Rules of The Energy Bus

At the heart of "The Energy Bus" are ten rules that guide readers in generating positive energy and achieving success. Each rule provides actionable advice for fostering optimism, managing adversity, and building a supportive environment. These rules have become a blueprint for leaders, coaches, and individuals seeking lasting change.

- **1. You're the Driver of Your Bus** - Take responsibility for your life and choices.
- **2. Desire, Vision, and Focus Move Your Bus in the Right Direction** - Set clear goals and maintain strong motivation.
- **3. Fuel Your Ride with Positive Energy** - Cultivate optimism and encourage positivity.
- **4. Invite People on Your Bus and Share Your Vision for the Road Ahead** - Build a team of supporters and communicate your goals.
- **5. Don't Waste Your Energy on Those Who Don't Get on Your Bus** - Avoid negativity and distractions.
- **6. Post a Sign That Says "No Energy Vampires Allowed" on Your Bus** - Set boundaries with negative influences.
- **7. Enthusiasm Attracts More Passengers and Energizes Them During the Ride** - Inspire others with passion and excitement.
- **8. Love Your Passengers** - Show appreciation and care for your team and supporters.
- **9. Drive with Purpose** - Keep your mission and values at the forefront.
- **10. Have Fun and Enjoy the Ride** - Celebrate successes and maintain a joyful outlook.

Implementing these rules can lead to increased productivity, better relationships, and a more fulfilling journey in life and work.

Applying The Energy Bus Principles in Daily Life

The energy bus principles are designed for practical, everyday application. By focusing on positive energy, clear vision, and purposeful action, individuals can reshape their experiences and outcomes. Start by identifying your destination—what you want to achieve—and visualize the steps needed to get there. Surround yourself with encouraging people who support your journey, and set boundaries to keep negativity at bay. Use enthusiasm as a catalyst to motivate both yourself and others, and remember to appreciate the contributions of those who join your bus. Consistently drive with a sense of purpose, aligning your actions with your core values, and make time to celebrate progress. These strategies foster resilience, creativity, and a mindset that welcomes growth.

Positive Energy and Its Impact on Success

Positive energy is a driving force behind achievement and well-being. The energy bus philosophy underscores the importance of cultivating optimism, gratitude, and enthusiasm in all areas of life. Research in psychology and neuroscience reveals that positive emotions enhance problem-solving abilities, strengthen relationships, and boost health. Organizations that prioritize positive energy experience higher employee engagement, lower turnover, and improved performance. Individuals who focus on positivity are better equipped to handle stress, adapt to change, and inspire others. By fueling your bus with positive energy, you set the stage for long-term success and happiness.

Transforming Teams and Organizations

The energy bus framework is widely used to strengthen teams and organizations. Leaders who model the ten rules create cultures where collaboration, trust, and innovation thrive. Teams are encouraged to align around a shared vision, communicate openly, and support each other in achieving common goals. Eliminating "energy vampires"—those who drain morale and productivity—is essential for maintaining a healthy workplace atmosphere. Regular recognition, gratitude, and celebration promote engagement and loyalty. By adopting the energy bus principles, organizations can drive positive change, enhance performance, and build resilient, purpose-driven teams.

Overcoming Negativity and Embracing Change

Negativity is a major obstacle to progress, but the energy bus offers strategies for overcoming it. Set clear boundaries with negative influences, and focus your energy on solutions rather than problems. Practice gratitude and positive self-talk to shift your mindset. Embracing change is key to growth; use challenges as opportunities to learn and adapt. The energy bus philosophy teaches that adversity can fuel innovation and resilience if approached with optimism. Encourage open communication and feedback within

teams, and support others in navigating change. These approaches empower individuals and organizations to thrive in dynamic environments.

Frequently Asked Questions About The Energy Bus

This section addresses common questions about "The Energy Bus" and its practical application, providing clear information for readers who want to learn more or implement its principles.

Q: What is the main message of The Energy Bus?

A: The main message of The Energy Bus is the power of positive energy, personal responsibility, and vision in driving success and fulfillment in life and work.

Q: Who should read The Energy Bus?

A: The Energy Bus is valuable for anyone seeking personal growth, improved leadership skills, or a more positive mindset, including business leaders, educators, coaches, and individuals.

Q: How do I apply The Energy Bus principles in my daily routine?

A: Apply the principles by taking responsibility for your choices, setting clear goals, nurturing positive relationships, and actively removing negativity from your environment.

Q: What are "energy vampires" according to The Energy Bus?

A: Energy vampires are people or behaviors that drain positivity and enthusiasm, hindering progress and productivity. The Energy Bus recommends setting boundaries to reduce their impact.

Q: Can The Energy Bus principles improve workplace culture?

A: Yes, organizations that implement The Energy Bus principles often see improved morale, teamwork, and performance by fostering a positive and purpose-driven environment.

Q: Is The Energy Bus based on scientific research?

A: While The Energy Bus uses popular motivational concepts, its emphasis on positive energy and optimism aligns with research in psychology and organizational behavior.

Q: What are some practical steps to start "driving your bus"?

A: Practical steps include defining your vision, cultivating gratitude, building supportive relationships, and consistently acting with purpose and enthusiasm.

Q: How can leaders implement The Energy Bus principles with their teams?

A: Leaders can implement these principles by modeling positivity, communicating a shared vision, recognizing team contributions, and creating an inclusive, energetic culture.

Q: What impact does positive energy have on success?

A: Positive energy enhances problem-solving, motivation, resilience, and the ability to overcome challenges, all of which contribute to greater personal and professional success.

Q: Where can I learn more about The Energy Bus?

A: The Energy Bus principles are detailed in Jon Gordon's book and his related resources, which provide further insights into leadership, teamwork, and positive change.

The Energy Bus

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The Energy Bus: Riding Towards Success and Fulfillment

Are you tired of feeling drained, both professionally and personally? Do you long for a more positive and productive life? Then hop aboard The Energy Bus, a powerful metaphor for cultivating a positive mindset and achieving remarkable success. This blog post dives deep into Jon Gordon's inspiring book, The Energy Bus, exploring its key takeaways and providing practical strategies to infuse more positivity and energy into your daily life. We'll uncover actionable steps to transform your perspective and build a life filled with purpose, passion, and productivity. Get ready to start your journey to a more fulfilling and energetic existence!

Understanding the Energy Bus Metaphor

The core concept of The Energy Bus revolves around a simple yet profound metaphor: life is a bus, and you are the driver. The passengers you choose to carry – your thoughts, your attitudes, the people you surround yourself with – determine the overall experience of your journey. Are you driving a bus filled with negativity, complaining, and self-doubt? Or are you consciously choosing positive passengers that fuel your energy and propel you forward?

The Passengers of Your Bus: Choosing Wisely

The book emphasizes the crucial role of choosing your passengers wisely. These aren't just the people in your life; they encompass your thoughts, beliefs, and habits.

Positive Passengers: These include gratitude, optimism, resilience, and supportive relationships. They fuel your energy, boost your morale, and help you overcome challenges.

Negative Passengers: These are the self-limiting beliefs, negative self-talk, toxic relationships, and complaining habits that drain your energy and hinder your progress.

Learning to identify and consciously choose positive passengers is the first step towards driving The Energy Bus to success.

Practical Strategies for Driving the Energy Bus

The book isn't just about theory; it offers practical strategies to help you transform your mindset and cultivate more energy.

1. Practice Gratitude:

Focusing on what you're grateful for shifts your perspective from what's lacking to what you already possess. Start a gratitude journal, express appreciation to others, and actively look for the good in every situation.

2. Choose Your Friends Wisely:

Surround yourself with positive, supportive people who uplift and inspire you. Limit your time with negative individuals who drain your energy and bring you down.

3. Embrace Challenges:

View challenges not as obstacles, but as opportunities for growth and learning. Develop resilience and a growth mindset to overcome setbacks and emerge stronger.

4. Live with Purpose:

Identify your passions and values, and align your actions with them. A life lived with purpose fuels your energy and creates a sense of fulfillment.

5. Practice Self-Compassion:

Be kind to yourself. Forgive your mistakes, learn from them, and move forward with renewed energy and determination.

The Power of Positive Energy in All Aspects of Life

The principles of The Energy Bus extend beyond personal growth and apply to all aspects of life, including professional success. A positive mindset fosters better teamwork, increased productivity, and a more fulfilling work experience.

Applying The Energy Bus in the Workplace

Driving The Energy Bus at work means cultivating a positive work environment, fostering collaboration, and approaching challenges with optimism and a solution-oriented approach. This includes:

Positive Communication: Practice active listening, constructive feedback, and clear communication to build strong relationships with colleagues.

Teamwork and Collaboration: Foster a collaborative environment where everyone feels valued and empowered to contribute their best.

Problem-Solving: Approach challenges as opportunities for growth and innovation, focusing on finding solutions rather than dwelling on problems.

Conclusion: Embark on Your Journey Today!

The Energy Bus is more than just a book; it's a call to action, an invitation to consciously choose a more positive and energized life. By adopting the strategies outlined in this book, you can transform your mindset, cultivate stronger relationships, and achieve remarkable success, both personally and professionally. Start your journey today; choose your passengers wisely, and drive your Energy Bus towards a fulfilling and rewarding life.

FAQs

1. Is The Energy Bus only for personal growth, or can it be applied to the workplace?

The Energy Bus principles are applicable to all aspects of life, including the workplace. Cultivating a positive work environment, fostering collaboration, and approaching challenges with optimism significantly improves team dynamics and productivity.

2. How long does it take to see results from applying The Energy Bus principles?

The timeframe varies depending on individual commitment and consistency. However, even small, consistent efforts can lead to noticeable positive changes in mindset and energy levels within a few weeks.

3. What if I struggle to identify and eliminate negative passengers from my life?

Start small. Identify one or two negative passengers you'd like to address first. Focus on replacing them with positive alternatives, such as gratitude or self-compassion. Professional guidance, such as therapy or coaching, can also be beneficial.

4. Can The Energy Bus help with overcoming major setbacks or trauma?

While The Energy Bus doesn't replace professional therapy for major trauma, its principles of resilience, self-compassion, and gratitude can be valuable tools in the healing process. It offers a framework for cultivating a more positive mindset and finding strength to overcome challenges.

5. Are there any resources beyond the book to help me apply The Energy Bus principles?

Jon Gordon offers various resources, including workshops, online courses, and additional books, expanding on the concepts presented in The Energy Bus. Searching for "The Energy Bus resources" online will reveal numerous additional materials.

the energy bus: The Energy Bus Jon Gordon, 2015-05-26 Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing - a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling The Energy Bus can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

the energy bus: The Energy Bus for Kids Jon Gordon, 2012-08-21 An illustrated adaptation of the bestselling business fable, The Energy Bus, teaches children the benefits of staying positive In this illustrated adaptation of the bestselling fable, The Energy Bus, author Jon Gordon shows children how to overcome negativity, bullies and everyday challenges to be their best. The Energy

Bus For Kids is a story that will teach kids how to find their inner motivation and pass on that positive energy to others. The Energy Bus For Kids presents five rules for the Ride of Your Life Teaches kids how to fuel your ride with positive energy Shares with kids how to love the people you share your journey with and how to enjoy the ride Positive kids become positive adults. So get kids on the Energy Bus and infuse their lives with a newfound vision, attitude, and positivity.

the energy bus: The Energy Bus Field Guide Jon Gordon, 2017-12-06 A Road Map for living and implementing the 10 Principles of The Energy Bus The Energy Bus Field Guide is your roadmap to fueling your life, work and team with positive energy. The international bestseller The Energy Bus has helped millions of people from around the world shift to a more positive outlook; the story of George and Joy bus driver has resonated with people from all walks of life, each with their own individual vision of success. This guide is designed as a practical companion to help you live and share the ten principles every day, with real, actionable steps you can immediately put into practice in your life, work, team and organization. Navigate the twists and turns that sabotage success. Cultivate positive energy and bring out the best in your team. Create a compelling vision for your life and team. Cultivate positivity and remove negativity from your life and organization. Learn how every day people and organizations utilized the Energy Bus to create amazing success and results. Filled with insightful questions, practical action steps, best practices and inspiring case studies you'll be equipped to energize yourself and your team in new and powerful ways. Whether it's a family team, work team, sports team, or school team, everyone benefits from getting on the bus.

the energy bus: The Energy Bus Jon Gordon, 2015-05-20 Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing – a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling The Energy Bus can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

the energy bus: The Positive Dog Jon Gordon, 2012-04-03 Discover the benefits of being positive. We all have two dogs inside of us. One dog is positive, happy, optimistic, and hopeful. The other dog is negative, mad, sad, pessimistic, and fearful. These two dogs often fight inside us, but guess who wins the fight? The one you feed the most. So begins the story about a negative mutt named Matt and a big dog named Bubba who teaches him how to feed himself with positivity each day and in the process Matt transforms his own life and the shelter they call home. The Positive Dog is an inspiring, heartwarming story that not only reveals the strategies and benefits of being positive but also an essential truth for humans: Being positive doesn't just make you better. It makes everyone around you better.

the energy bus: Stay Positive Jon Gordon, Daniel Decker, 2019-12-05 Fuel yourself and others with positive energy—inspirational quotes and encouraging messages to live by from bestselling author, Jon Gordon. Ever since he wrote the mega bestseller The Energy Bus, Jon Gordon has been sharing inspirational messages and encouragement via his talks, books, and social media posts. After many requests to create a collection of his quotes, Jon teamed up with his long-time friend, Daniel Decker, to create Stay Positive. Stay Positive is more than a book of positive quotes. This book is a resource you can turn to each day for encouragement to help you take on your daily challenges, pursue your goals and dreams, and create positive momentum in your life. The power of positive thoughts is not about being Pollyanna Positive; it's the real stuff that makes a proven difference in your perspective and life. After all, we don't give up because it's hard; we give up because we get discouraged. By fueling yourself with encouragement and positive energy, you'll have greater power

to overcome negativity, neutralize the naysayers, and conquer adversity. Stay Positive is more than a phrase. It's an approach to life that says when you get knocked down, you'll get back up and find a way forward one faithful step and optimistic day at a time. Start your day with a message from the book, or pick it up anytime you need a mental boost. You can start from the beginning, or open the book to any page and find a message that speaks to you. However you decide to use Stay Positive, it's a go-to resource for anyone wanting to inject a healthy dose of positivity into their life.

the energy bus: Training Camp Jon Gordon, 2009-04-27 Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, an un-drafted rookie trying to make it in the NFL. He's spent his entire life proving to the critics that a small guy with a big heart can succeed against all odds. After spraining his ankle in the pre-season, Martin thinks his dream is lost when he happens to meet a very special coach who shares eleven life-changing lessons that keep his dream alive—and might even make him the best of the best. If you want to be your best—Training Camp offers an inspirational story and real-world wisdom on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it.

the energy bus: The Power of a Positive Team Jon Gordon, 2018-06-11 A book about teams to help teams become more positive, united and connected. Worldwide bestseller — the author of The Energy Bus and The Power of Positive Leadership shares the proven principles and practices that build great teams - and provides practical tools to help teams overcome negativity and enhance their culture, communication, connection, commitment and performance. Jon Gordon doesn't just research the keys to great teams, he has personally worked with some of the most successful teams on the planet and has a keen understanding of how and why they became great. In The Power of a Positive Team, Jon draws upon his unique team building experience as well as conversations with some of the greatest teams in history in order to provide an essential framework, filled with proven practices, to empower teams to work together more effectively and achieve superior results. Utilizing examples from the writing team who created the hit show Billions, the National Champion Clemson Football team, the World Series contending Los Angeles Dodgers, The Miami Heat and the greatest beach volleyball team of all time to Navy SEAL's, Marching bands, Southwest Airlines, USC and UVA Tennis, Twitter, Apple and Ford, Jon shares innovative strategies to transform a group of individuals into a united, positive and powerful team. Jon not only infuses this book with the latest research, compelling stories, and strategies to maintain optimism through adversity... he also shares his best practices to transform negativity, build trust (through his favorite team building exercises) and practical ways to have difficult conversations—all designed to make a team more positive, cohesive, stronger and better. The Power of a Positive Team also provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth. This book is meant for teams to read together. It's written in such a way that if you and your team read it together, you will understand the obstacles you will face and what you must do to become a great team. If you read it together, stay positive together, and take action together you will accomplish amazing things TOGETHER.

the energy bus: One Word that will Change Your Life Dan Britton, Jimmy Page, Jon Gordon, 2012-12-03 One Word is a simple concept that delivers powerful life change! In 1999, the authors discovered a better way to become their best and live a life of impact. Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all . . . anyone, anytime can discover their word for the year. One Word that will Change Your Life will inspire you to simplify your life and work by focusing on just one word for this year. That's right! One Word creates clarity, power, passion and life-change. The simple power of One Word is that it impacts all six dimensions of your life - mental, physical, emotional, relational, spiritual, and financial. Simply put, One Word sticks. There is a word meant for you and when you find it, live it, and share it, your life will become more rewarding and exciting than ever. Join thousands of people and hundreds of schools, businesses, churches, and sports teams

who have found their one word . . . and discover how to harness the transformational power of One Word. The book includes a personal Action Plan and simple process to help you discover your word for the year.

the energy bus: *Move Your Bus* Ron Clark, 2015-06-30 A guidebook to successful leadership explains that by looking at an organization as a bus and the employees as the people on it, managers can identify who is helping the bus move, and who is hindering it.

the energy bus: The Carpenter Jon Gordon, 2014-05-12 Bestselling author Jon Gordon returns with his most inspiring book yet—filled with powerful lessons and the greatest success strategies of all. Michael wakes up in the hospital with a bandage on his head and fear in his heart. The stress of building a growing business, with his wife Sarah, caused him to collapse while on a morning jog. When Michael finds out the man who saved his life is a Carpenter he visits him and quickly learns that he is more than just a Carpenter; he is also a builder of lives, careers, people, and teams. As the Carpenter shares his wisdom, Michael attempts to save his business in the face of adversity, rejection, fear, and failure. Along the way he learns that there's no such thing as an overnight success but there are timeless principles to help you stand out, excel, and make an impact on people and the world. Drawing upon his work with countless leaders, sales people, professional and college sports teams, non-profit organizations and schools, Jon Gordon shares an entertaining and enlightening story that will inspire you to build a better life, career, and team with the greatest success strategies of all. If you are ready to create your masterpiece, read *The Carpenter* and begin the building process today.

the energy bus: The Energy Plan James Collins, 2019-01-10 'James's pioneering use of food as fuel has transformed players' performances - and now he can do the same for you.' - Arsène Wenger OBE The secret of the sports elite - and how you can eat to win in your life World-leading sports nutritionist James Collins shapes the eating habits of Olympic athletes and Premier League footballers, so they are on peak form when it counts. After a decade of working with the likes of Arsenal FC, England Football and Team GB, now he's distilling his elite sports success into simple food principles that any of us can follow to feel at our best in our daily lives. Peak performance is all about energy and how to eat and exercise right for your body and your routine. By following *The Energy Plan*, you will learn how to fuel your body for your life, power through the 4pm slump, get the best out of your day if you're working from home and resist the junk foods that drag you down. Instead you will naturally choose foods that leave you bursting with energy for work and play - and allow you to fully recharge afterwards. You'll feel more productive, sleep well, lose unwanted weight and avoid illness. Forget fasting and low carb diets. *The Energy Plan* is a whole new mindset that will forever change your relationship with food, exercise and your body, giving you a winning edge in everything that you do. 'After following James's plan, I had so much more energy and felt at my peak physically.' Alex Oxlade-Chamberlain, Liverpool FC & England 'This isn't a diet book, it's a guide to new ways of thinking and the science is easy to digest.' - Daily Express 'Who wouldn't want to jump out of bed early in the morning with vigour or get to the end of the day without feeling like the walking dead? This is where James can help.' - METRO 'James Collins is a world leader in the field of performance nutrition. There is no one better to de-bunk nutrition myths and clearly explain how to reach your goals in a sustainable, enjoyable and energised way.' Professor Greg Whyte OBE 'I have huge respect for James's evidence-based approach - he knows exactly what it takes to get the best out of anyone.' Dr Kevin Currell, Director of Science, English Institute of Sport

the energy bus: Energy Addict Jon Gordon, 2004-09-07 We are overstressed, overworked and overtired - and things aren't getting any easier. The days are getting shorter while our to-do lists are getting longer. The pace of life gets faster and the demands increase. We attempt to fight back with caffeinated drinks and candy bars hoping to get it all done before we crash. This is false energy...but Jon Gordon gives us the real thing. Gordon encourages us to become Energy Addicts using a few or all of the simple, effective physical, mental, and spiritual strategies in this book, including: Eat early and well, hydrate, exercise, nap, connect with nature Neutralize energy vampires, master the flow of money, embrace the energy of silence Connect (with others and yourself), lead with your heart, learn

to love and challenge life Practical, common-sense, sometimes counterintuitive, Jon Gordon shows how we can become addicted to positive energy and habits, making small changes in our lives that will produce big results.

the energy bus: You Are Awesome Neil Pasricha, 2019-11-05 An instant #1 international bestseller! From Neil Pasricha—New York Times, million-copy bestselling author of The Book of Awesome series and The Happiness Equation, thought leader for the next generation, and one of the most popular TED speakers in the world—comes a revelatory and inspiring book that will change the way we view failure and help us build resilience. Why is life getting harder instead of easier? How do I get back up after life knocks me down? And how do I grow stronger and live more intentionally? We no longer have the tools to handle failure...or even perceived failure. When we fall, we lie on the sidewalk crying. When we spill, we splatter. When we crack, we shatter. We are turning into an army of porcelain dolls. Cell phones show us we're never good enough. Yesterday's butterflies are tomorrow's panic attacks. Record numbers suffer from anxiety, depression, and loneliness. What do we need to learn? RESILIENCE. And we need to learn it fast. Let this #1 international bestseller teach you: -The 2-minute morning practice that helps eliminate stress -What every commencement speech gets wrong -3 questions that help tell yourself a different story -The single word that keeps your options open after failure -Why you need an Untouchable Day (and how to get one) ...and much, much more! Because the truth is, you really are awesome.

the energy bus: The Energy Bus for Kids Jon Gordon, 2012-07-11 An illustrated adaptation of the bestselling business fable, The Energy Bus, teaches children the benefits of staying positive In this illustrated adaptation of the bestselling fable, The Energy Bus, author Jon Gordon shows children how to overcome negativity, bullies and everyday challenges to be their best. The Energy Bus For Kids is a story that will teach kids how to find their inner motivation and pass on that positive energy to others. The Energy Bus For Kids presents five rules for the Ride of Your Life Teaches kids how to fuel your ride with positive energy Shares with kids how to love the people you share your journey with and how to enjoy the ride Positive kids become positive adults. So get kids on the Energy Bus and infuse their lives with a newfound vision, attitude, and positivity.

the energy bus: The Shark and the Goldfish Jon Gordon, 2009-09-04 An illustrated business fable that gives you the faith, courage and confidence to win in today's tough economic climate Fear and uncertainty are staples of daily life in today's struggling economy. As bad as things can be, economic downturns also lead to new opportunities. It's easy to worry, give up and let fear paralyze you. However, you have more control than you think you do and how you handle adversity is your choice-and the only choice that matters. In fact, study history and you'll find that a lot of people and organizations made a name for themselves and grew their businesses during recessions and downturns. These successful people and organizations all shared similar characteristics and took similar actions to thrive while others merely tried to survive. You can do the same. In The Shark and the Goldfish, Jon Gordon shares an inspiring fable about Gordy, a pampered goldfish who gets swept out to sea. Desperate for food, Gordy meets a kind shark who teaches him the ultimate lesson-Goldfish wait to be fed. Sharks go find food. Gordy also learns that the difference between a full and empty stomach is our faith, beliefs and actions. In the face of adversity and lean times, this is a business fable that reinforces a proven truth: You can't control the events in your life. But you can control how you respond and in turn this determines the outcome. A business fable that teaches valuable lessons on the importance of working hard, maintaining a locus of control and focusing on positive choices instead of negative voices, Written by Jon Gordon, bestselling author of The Energy Bus and The No Complaining Rule Reveals how change is inevitable-but that you can make it your friend or foe. Provides an action plan filled with tips and strategies to thrive during change and adversity If you're facing tough economic times, The Shark and the Goldfish will motivate you, inspire you, and give you the confidence you need to thrive during changing times.

the energy bus: The Energy Bus , 2018

the energy bus: The Coffee Bean Jon Gordon, Damon West, 2019-07-02 From bestselling author Jon Gordon and rising star Damon West comes The Coffee Bean: an illustrated fable that

teaches readers how to transform their environment, overcome challenges, and create positive change. Life is often difficult. It can be harsh, stressful, and feel like a pot of boiling hot water. The environments we find ourselves in can change, weaken, or harden us, and test who we truly are. We can be like the carrot that weakens in the pot or like the egg that hardens. Or, we can be like the coffee bean and discover the power inside us to transform our environment. The Coffee Bean is an inspiring tale that follows Abe, a young man filled with stress and fear as he faces challenges and pressure at school and home. One day after class, his teacher shares with him the life-changing lesson of the coffee bean, and this powerful message changes the way he thinks, acts, and sees the world. Abe discovers that instead of letting his environment change him for the worse, he can transform any environment he is in for the better. Equipped with this transformational truth, Abe embarks on an inspirational journey to live his life like the coffee bean. Wherever his life takes him, from school, to the military, to the business world, Abe demonstrates how this simple lesson can unleash the unstoppable power within you. A delightful, quick read, The Coffee Bean is purposely written and designed for readers of all ages so that everyone can benefit from this transformational lesson. This is a book and message that, when read and shared, has the power to change your life and the world around you. You just have to decide: are you a carrot, egg, or coffee bean?

the energy bus: Stick Together Jon Gordon, Kate Leavell, 2021-03-30 Build a stronger team with this illustrated fable From bestselling author Jon Gordon and coauthor Kate Leavell, Stick Together delivers a crucial message about the power of belief, ownership, connection, love, inclusion, consistency, and hope. The authors guide individuals and teams on an inspiring journey to show them how to persevere through challenges, overcome obstacles, and create success together. Stick Together follows Coach David, a high school basketball coach looking to motivate his team for the new season. The team members are given sticks with words written on them and tasked with a number of missions: To find another player with the same word written on their stick To explain why that word is important for a team to be their best To render their sticks unbreakable As the players work together to complete their tasks, they discover how to make their team stronger and create an unbreakable bond. Perfect for student athletes and teams in all industries including business, education, healthcare, and nonprofit, and for readers of all ages, Stick Together will resonate with anyone looking to improve their team performance and excel in a group environment.

the energy bus: Energy and Civilization Vaclav Smil, 2018-11-13 A comprehensive account of how energy has shaped society throughout history, from pre-agricultural foraging societies through today's fossil fuel-driven civilization. I wait for new Smil books the way some people wait for the next 'Star Wars' movie. In his latest book, Energy and Civilization: A History, he goes deep and broad to explain how innovations in humans' ability to turn energy into heat, light, and motion have been a driving force behind our cultural and economic progress over the past 10,000 years. —Bill Gates, Gates Notes, Best Books of the Year Energy is the only universal currency; it is necessary for getting anything done. The conversion of energy on Earth ranges from terra-forming forces of plate tectonics to cumulative erosive effects of raindrops. Life on Earth depends on the photosynthetic conversion of solar energy into plant biomass. Humans have come to rely on many more energy flows—ranging from fossil fuels to photovoltaic generation of electricity—for their civilized existence. In this monumental history, Vaclav Smil provides a comprehensive account of how energy has shaped society, from pre-agricultural foraging societies through today's fossil fuel-driven civilization. Humans are the only species that can systematically harness energies outside their bodies, using the power of their intellect and an enormous variety of artifacts—from the simplest tools to internal combustion engines and nuclear reactors. The epochal transition to fossil fuels affected everything: agriculture, industry, transportation, weapons, communication, economics, urbanization, quality of life, politics, and the environment. Smil describes humanity's energy eras in panoramic and interdisciplinary fashion, offering readers a magisterial overview. This book is an extensively updated and expanded version of Smil's Energy in World History (1994). Smil has incorporated an enormous amount of new material, reflecting the dramatic developments in energy studies over the last two decades and his own research over that time.

the energy bus: The 10-minute Energy Solution Jon Gordon, 2006 A thirty-day program for increasing physical, mental, and spiritual energy shares such recommendations as taking short walks and substituting green tea for coffee as a means of enabling personal rejuvenation. By the author of Energy Addict. 25,000 first printing.

the energy bus: Row the Boat Jon Gordon, P.J. Fleck, 2021-05-04 Learn to live and lead with enthusiasm and optimism, impact your team, and transform your culture In Row the Boat, Minnesota Golden Gophers Head Coach P.J. Fleck and bestselling author Jon Gordon deliver an inspiring message about what you can achieve when you approach life with a never-give-up philosophy. The book shows you how to choose enthusiasm and optimism as your guiding lights instead of being defined by circumstances and events outside of your control. Discover how to put the three key components of row the boat into practice in your life: The Oar: The energy. Only you can dictate whether your oar is in the water or whether you take it out and decide not to use it. The Boat: The sacrifice. The more you give, serve, and make your life about helping others, the better and more fulfilled your life will be, and the bigger your boat gets. The Compass: The direction. The vision you have for your life and the people you surround yourself with help create the dream of where you want to go. Perfect for athletes, coaches, business leaders, and anyone else who hopes to squeeze a little more enjoyment and productivity out of life, Row the Boat will propel leaders, teams, and organizations to greater heights than they have ever reached before.

the energy bus: The Hard Hat Jon Gordon, 2015-05-04 Great teammates don't just impact you today; they impact you for the rest of your life. From the moment Jon Gordon heard about George Boiardi and the Hard Hat he was intrigued and captivated. Over the years he visited George's coaches, attended several "21 Dinners" held in his honor, met his family, talked to his teammates and observed how he inspired all who knew him. The Hard Hat is an unforgettable true story about a selfless, loyal, joyful, hard-working, competitive, and compassionate leader and teammate, the impact he had on his team and program and the lessons we can learn from him. The book features: A True Story about George Boiardi, his Team and their Legacy. 21 Lessons to be a Great Teammate Insights from George's Teammates and Coaches that Bring the Lessons to Life. 21 Exercises to help you Build a Great Team Infused with practical insights and life changing lessons, The Hard Hat will inspire you to be the best teammate you can be and to build a great team. *100% of author's royalties go to support the Mario St. George Boiardi Foundation

the energy bus: The New One Minute Manager Kenneth H. Blanchard, Spencer Johnson, 2015 With a new foreword by Ken Blanchard The original, bestselling blockbuster which has transformed businesses world wide. The blockbuster number one international bestselling phenomenon is back ... not that it ever really went away. This easily-read story quickly demonstrates three very practical management techniques: One Minute Goals, One Minute Praisings and One Minute Reprimands. The One Minute Manager also includes information on several studies in medicine and in the behavioural sciences, which help readers understand why these apparently simple methods work so well with so many people. The book is brief, the language is simple, and best of all ... it works.

the energy bus: Relationship Grit Jon Gordon, Kathryn Gordon, 2020-09-01 Great relationships don't happen by accident—they take commitment, hard work, and grit Bestselling author Jon Gordon is back with another life-affirming book. This time, he teams up with Kathryn Gordon, his wife of 23 years, for a look at what it takes to build strong relationships. In Relationship Grit, the Gordons reveal what brought them together, what kept them together through difficult times, and what continues to sustain their love and passion for one another to this day. They candidly share their mistakes, decisions that almost destroyed their marriage, and successes so you can learn from their experiences and make your relationship stronger. If you're a fan of Jon Gordon's work, you will enjoy learning about the man behind the message, as he and Kathryn share the intimate details of their life together. The direct, transparent, and personal style will draw you in and help you see that, if you are dealing with a challenge in your life and relationship, you are not alone. Working, writing, and raising children hasn't always been easy for the Gordons, but by

committing to one another and embracing the principles of G. R. I. T., they emerged from their darkest moments and built a deep and lasting love. In *Relationship Grit*, they speak candidly about what they have learned and how you can develop the grit to build beautiful relationships. Discover—in their own words—what Jon and Kathryn have learned about staying together during their 23-year marriage. Learn the four principles of G. R. I. T. that you can embrace today to build the high quality relationships you want and deserve. Find the strength you need to confront your past, overcome your flaws, and change for the better to improve you and your relationship. Embrace the Gordons' practical advice including 22 quick tips for a great relationship—11 from Kathryn and 11 from Jon—and start making your relationship the best it can be. Relationships—particularly marriages—are about imperfect people coming together to work on their individual flaws and emerge stronger together. *Relationship Grit* will inspire and motivate you to engage in this remarkable and rewarding process.

the energy bus: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research. Funny in some instances and jaw-droppingly stupid and wasteful in others, *The Pig Book* proves one thing about Capitol Hill: pork is king!

the energy bus: The No Complaining Rule Jon Gordon, 2008-09-15 Negativity in the workplace costs businesses billions of dollars and impacts the morale, productivity and health of individuals and teams. In *The No Complaining Rule: Positive Ways to Deal with Negativity at Work*, Jon Gordon, a bestselling author, consultant and speaker, shares an enlightening story that demonstrates how you can conquer negativity and inspire others to adopt a positive attitude. Based on one company's successful No Complaining Rule, the powerful principles and actionable plan are practical and easy-to-follow, making this book an ideal read for managers, team leaders and anyone interested in generating positive energy.

the energy bus: The Collaborative Sale Keith M. Eades, Timothy T. Sullivan, 2014-03-31 Buyer behavior has changed the marketplace, and sellers must adapt to survive. *The Collaborative Sale: Solution Selling in Today's Customer-Driven World* is the definitive guide to the new reality of sales. The roles of buyers, sellers, and technology have changed, and collaboration is now the key to success on all sides. *The Collaborative Sale* guides sales professionals toward alignment with buyers, by helping them overcome their problems and challenges, and creating value. From building a robust opportunity pipeline and predicting future revenues to mastering the nuances of buyer conversations, the book contains the information sales professionals need to remain relevant in today's sales environment. Buyers have become more informed and more empowered. As a result, most sellers now enter the buying process at a much later stage than the traditional norm. The rise of information access has given buyers more control over their purchases than ever before, and sellers must adapt to survive. *The Collaborative Sale* provides a roadmap for adapting through sales collaboration, detailing the foundations, personae, and reality of the new marketplace. The book provides insight into the new buyer thought processes, the new sales personae required for dealing with the new buyers, and how to establish and implement a dynamic sales process. Topics include: Selling in times of economic uncertainty, broad information access, and new buyer behavior. Why collaboration is so important to the new buyers. The emergence of new sales personae - Micro-marketer, Visualizer, and Value Driver. Buyer alignment, risk mitigation, and the myth of control. Situational fluency, and the role of technology. Focused sales enablement, and buyer-aligned

learning and development Implementation and establishment of a dynamic sales process The book describes the essential competencies for collaborative selling, and provides indispensable supplemental tools for implementation. Written by recognized authorities with insights into global markets, *The Collaborative Sale: Solution Selling in Today's Customer-Driven World* is the essential resource for today's sales professional.

the energy bus: *The Garden* Jon Gordon, 2020-05-21 From bestselling author Jon Gordon comes a spiritual fable about the power of faith, hope, and love Meet Jay and Kay. They're twins, and like many teenagers their age, they're dealing with stress and anxiety. One day on their way to school, they have a nice conversation with their old family friend and youth soccer coach, Mr. Erwin, who shows them a special garden he created in his backyard. The garden serves as both a place and a metaphor for Mr. Erwin to share a powerful paradigm and practical strategies to help the twins overcome their fear, stress, and anxiety. *The Garden* is an enlightening and encouraging spiritual fable that reveals the 5 D's that can sabotage us and a proven plan to help us overcome and win the battle in our mind. Rooted in Jon Gordon's faith tradition, this fable is a different kind of book than his previous business fables. However, in his familiar trademark style, he takes a complex subject and simplifies it to help people take action and improve their lives. Everyone will struggle with fear, anxiety, or stress at some point in their lives, and everyone will have to overcome these challenges to create the life they were meant to live. Given that there are many contributing factors that influence how we think and feel, Jon wrote this book to share how the power of love, encouragement, truth, faith, and belief can be part of the solution. Having worked with countless leaders, companies, sports teams, professional athletes, and high school students, Jon Gordon infuses this life-changing story with thought-provoking ideas, practical strategies, and a framework to overcome fear with faith. Whether you are dealing with fear, stress, and anxiety yourself, have a family member that struggles, or are a mental health expert that works with clients, if any of the ideas in this book can be useful to you or the people you love and care about, then it's worth a walk through *The Garden* with Jay, Kay, and Mr. Erwin to discover ways to persevere through life with the power of faith, hope, and love.

the energy bus: *One Word for Kids* Jon Gordon, Dan Britton, Jimmy Page, 2019-11-05 From the authors who created the One Word movement, impacting schools, businesses, and sports teams around the world, comes a charming fable that can be read and shared by everyone. If you could choose only one word to help you have your best year ever, what would it be? Love? Fun? Believe? Brave? It's probably different for everyone. How you find your word is just as important as the word itself. And once you know your word, what do you do with it? In *One Word for Kids*, bestselling author Jon Gordon—along with coauthors Dan Britton and Jimmy Page—asks these questions to children and adults of all ages, teaching an important life lesson in the process. This engaging, fully illustrated fable follows Stevie, a young boy falling asleep on the first day of school. His teacher gives the class an assignment: to find the one word that will help them have their best year ever. To discover their one word, they must look inside themselves, look up, and look out. At home, Stevie is upset because he can't find his word. After his dad offers some helpful advice, Stevie excitedly begins the quest for his word. His search helps him discover a lot about himself, what he loves, and what is important to him. An easy read with a powerful message, *One Word for Kids* appeals to readers of all ages and is an ideal entry point into discussing a valuable lesson in a fun and engaging way.

the energy bus: *The Pirates on the Bus* Peter Millett, 2022-07-07 All aboard for this swash-buckling adventure! Hop on and sing along to the tune of *The Wheels on the Bus*! Join in with a crew of jolly pirates as they search the coast for treasure. When the pirates find 'x marks the spot', they fill their pockets with too much heavy gold, and their bus begins to sink . . . With a heave and a ho, and a bit of teamwork, can the jolly crew save their bus? Packed full of actions to join in, with a calming ending to wind down after all the excitement, this is the perfect first picture book to enjoy reading aloud together. Young readers will stomp their feet and clap their hands in delight as they sing along with this fun-filled, pirate reinvention of this popular rhyme! *Ladybird Sing-along Stories:*

Supports development of early language Encourages interaction and play Recommended for children aged 2+ Also available: *The Dinos on the Bus*

the energy bus: *Happy Campers* Audrey Monke, 2019-05-07 Audrey Sunshine Monke, mother of five and camp owner-director, shares nine powerful parenting techniques-inspired by the research-based practices of summer camp-to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help. Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes the growth of important character traits and the social skills kids need for meaningful, successful lives. Thousands of parents attest to the magical benefits of summer camp for their kids, noting their children return more joyful, positive, confident, and resilient after just a few weeks. But you can learn exactly what it takes to promote these benefits at home. Complete with specific ideas to implement the most effective summer camp secrets, *Happy Campers* is a one of a kind resource for raising happy, socially intelligent, successful kids.

the energy bus: *The Jon Gordon Power of Positivity, E-Book Collection* Jon Gordon, 2020-05-05 We all need more positivity in our lives—now more than ever! Five of bestselling author Jon Gordon's most powerful and timely books. Bestselling author and acclaimed speaker Jon Gordon is passionate about developing great leaders and high-performing teams. Celebrated for his engaging storytelling, invaluable insights, and proven real-world strategies, Gordon has helped millions of people around the world infuse positivity into every part of their personal and professional lives. His simple yet powerful books provide time-tested wisdom and practical guidance for overcoming challenges, achieving superior results, and bringing out the absolute best in yourself—and in everyone around you. The Jon Gordon Power of Positivity E-Book Collection brings together five of the author's most compelling books about harnessing the power of positivity in work, at home, and in all you do. This must-have collection includes: —*The Energy Bus*, the beloved international bestseller that reveals the ten secrets for turning negative energy into positivity and achievement, featuring an actionable plan for becoming a great leader and overcoming common life and work obstacles. —*The Shark and the Goldfish*, a business fable that strengthens the courage and confidence you need to overcome fear and uncertainty in difficult economic times—and thrive! Features charming illustrations and an action plan filled with practical tips and proven strategies. —*The Positive Dog*, a delightful story that shows you that we all have two dogs inside of us: one is positive, the other is negative. Learn how feeding your positive dog also nourishes those around you—to everyone's immense benefit! —*The Power of Positive Leadership*, a practical framework based on Jon Gordon's research on positive leaders throughout history, and his work with those who have transformed their organizations, won national championships, and are currently making positive change in the world. —*Stay Positive*, a unique collection of inspirational quotes and messages, co-written by Gordon's friend and colleague Daniel Decker. Your daily resource for encouragement, creating positivity in your life, and motivating others at work and home. The principles and strategies at the core of *The Jon Gordon Power of Positivity E-Book Collection* have driven great success for thousands of top-level leaders at Fortune 500 companies, school districts, hospitals, nonprofit organizations, the NFL and NBA, and numerous colleges and universities. Packed with motivational stories, meaningful insights, and effective strategies, this collection is the ideal resource for anyone seeking to fill their work and personal life with positivity, purpose, and achievement. *Note: Due to its unique format, *Stay Positive* may display differently on eReaders than the rest of the collection. For the best reading experience, decrease the font size on your eReader.

the energy bus: *Beyond Mindfulness in Plain English* Gunaratana, 2009-09-08 Gunaratana offers basic instruction on the meaning of insight meditation through concepts that can be applied to

any tradition. His focus here is on the Jhanas, those meditative states of profound stillness in which the mind becomes fully immersed in the chosen object of attention.

the energy bus: Fail Fast, Fail Often Ryan Babineaux, John Krumboltz, 2013-12-26 Bold, bossy and bracing, Fail Fast, Fail Often is like a 200-page shot of B12, meant to energize the listless job seeker. —New York Times What if your biggest mistake is that you never make mistakes? Ryan Babineaux and John Krumboltz, psychologists, career counselors, and creators of the popular Stanford University course “Fail Fast, Fail Often,” have come to a compelling conclusion: happy and successful people tend to spend less time planning and more time acting. They get out into the world, try new things, and make mistakes, and in doing so, they benefit from unexpected experiences and opportunities. Drawing on the authors’ research in human development and innovation, Fail Fast, Fail Often shows readers how to allow their enthusiasm to guide them, to act boldly, and to leverage their strengths—even if they are terrified of failure.

the energy bus: How to Do Nothing Jenny Odell, 2019-04-23 ** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto.—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's Favorite Books of 2019 Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind’s role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, How to do Nothing is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

the energy bus: Summary of Jon Gordon's The Energy Bus Milkyway Media, 2021-07-14 Buy now to get the main key ideas from Jon Gordon's The Energy Bus Positive people and positive teams manifest positive outcomes. The key ingredient? Positive energy. In The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy (2007), Jon Gordon explains how to cultivate positive energy in your life and career, which you then can share with your coworkers, customers, organization, team, friends, and family. Gordon uses the extended metaphor of a bus you are driving to make his points, hence the title. When you apply the 10 rules, you'll find more happiness, more success, better performance, inspired teamwork, and significant results. We are all members of a team, and the 10 simple, powerful rules shared by Gordon can benefit any member of the team, whether it's our work team, school team, sports team, family, or religious group.

the energy bus: Values of the Game Bill Bradley, 1998-01-01 The former U.S. Senator and member of two championship New York Knicks teams revisits his first career in a series of personal observations and reflections that illustrate how the right stuff on the court is a proving ground for the right stuff in life

the energy bus: You Win in the Locker Room First Jon Gordon, Mike Smith, 2015-09-01 NFL head coach Mike Smith lead one of the most remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4-12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith’s leadership, the Falcons earned an 11-5 record in his first season and would go on to become perennial playoff and Super Bowl contenders earning Smith AP Coach of year in 2008 and voted Coach of Year by his peers in 2008, 2010 and 2012. You Win in the Locker Room First draws on the extraordinary experiences of Coach

Mike Smith and Jon Gordon—consultant to numerous college and professional teams—to explore the seven powerful principles that any business, school, organization, or sports team can adopt to revitalize their organization. Step by step, the authors outline a strategy for building a thriving organization and provide a practical framework that give leaders the tools they need to create a great culture, lead with the right mindset, create strong relationships, improve teamwork, execute at a higher level, and avoid the pitfalls that sabotage far too many leaders and organizations. In addition to sharing what went right with the Falcons, Smith also transparently shares what went wrong his last two seasons and provides invaluable lessons leaders can take away from his victories, success, failures and mistakes. Whether it's an executive leadership team of a Fortune 500 company, a sports team, an emergency room team, military team, or a school team successful leaders coach their team and develop, mentor, encourage, and guide them. This not only improves the team, it improves the leaders and their relationships, connections, and organization. *You Win in the Locker Room First* offers a rare behind-the-scenes look at one of the most pressure packed leadership jobs on the planet and what leaders can learn from these experiences in order to build their own winning team.

the energy bus: Leading Imperfectly James T. Robilotta, 2015-07-19 There is a problem in today's developing leaders—they think they need to be someone they are not to get what they want. In short, none of us is perfect, and when we pretend to be, people quit listening to us. Instead, we need to focus on trying to connect with others. *Leading Imperfectly* is full of examples for how to make those connections. The book is divided into a series of short, often humorous, and always insightful essays filled with real-life stories from James' own life. The through line for the book is the significance of practicing authentic leadership. The essays discuss topics such as realizing our story has value, the importance of love in leadership, how to prevent over-committing because you can't be everything to everyone, realizing you don't have all the answers, and some practical advice about the importance of valuing the time we have and giving that time to the most important people in our lives. James also challenges us to look at the lies we tell ourselves that hold us back in life, and to learn how to listen to others so they will listen to us. James' humor provides comic relief in the middle of some of the more serious stories, but the humor always makes his examples hit home and keeps his stories memorable. Readers will appreciate that while he speaks as someone who has had success in life, his leadership background is not that of the typical leader who writes leadership books—he's not a former company CEO or a famous athlete—and that makes his points stand out all the more. Educators, business professionals, student leaders, and others will find this book to be introspective, validating, and motivational. Most importantly they will take away that their story is good enough. Check out *Leading Imperfectly*. Between the chuckles, there's quite a bit of wisdom that will stick with you long after you turn the last page.

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