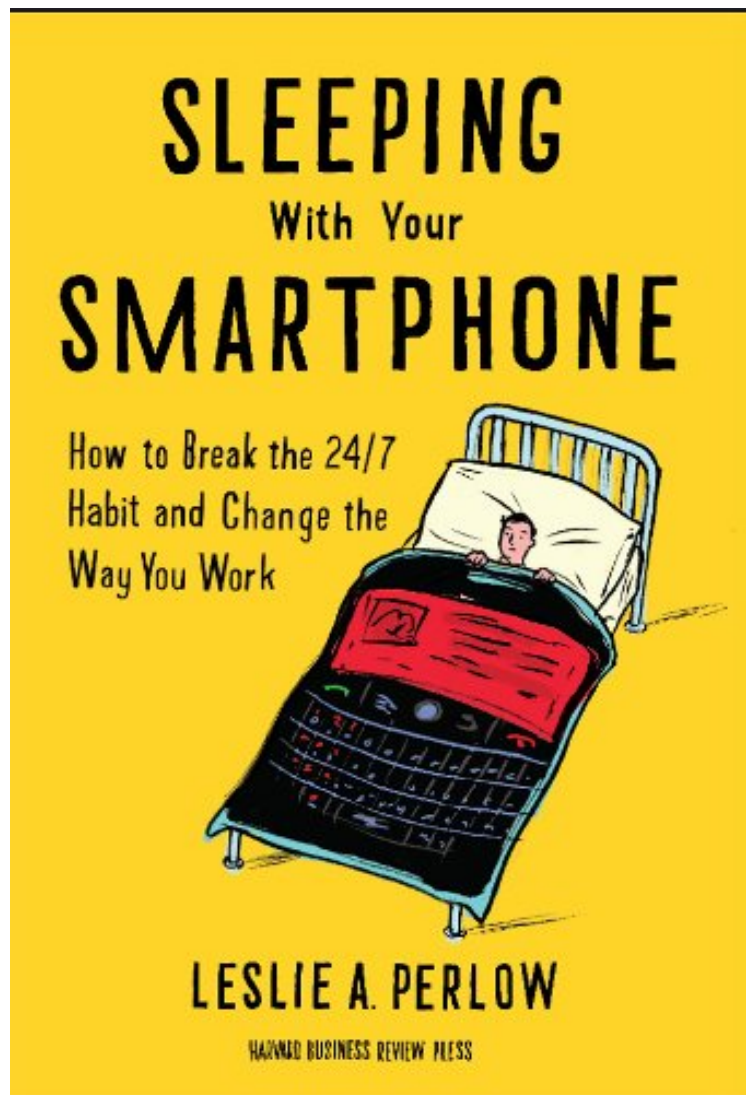


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# Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work

Leslie A. Perlow

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**Leslie A. Perlow : Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work:

1 of 1 people found the following review helpful. must read for any team leaderBy jkamensIf you have long suspected that the inability to turn off is affecting our ability to turn on then this book will help you guide your team on a more productive path. Perlow draws out the actual small, practical steps you can take to enable your team to work better, not

just more. And if you have ever woken up and actually found your phone in your hand--you had better find the time to read this right away. 1 of 2 people found the following review helpful. Incredibly detailed but knowing how unintelligently management consulting firms now work, I would never hire one. By Boston Sox The author has written this with incredible depth and detail. A good perspective on how much work must have gone in to change the culture. To some extent its repetitive and could have been covered in half the content. As for the actual content, the book gave me insight into a few areas: 1. Management consultants may on paper make a lot of money but divided up by the number of hours worked, time away from family, and interference with personal life on weekdays and weekends, its no better than any other white collar job. 2. It is common sense that the more distractions you have the less productive you are and less focus you have. Same reason you don't have TVs in a cockpit of a plane or inside an operating room. The book gives accurate empirical evidence to support this. 3. Most consulting firms work in the same manner as the one mentioned in the book: if this is how UN-smartly they work, with resulting type of moral problems, distractions, productivity to go with it, I am not sure I would want their perspective if my Fortune 100 company ever needed one. 0 of 0 people found the following review helpful. Three Stars By Jo Interesting book and some valuable insights.....

Does it have to be this way? Can't resist checking your smartphone or mobile device? Sure, all this connectivity keeps you in touch with your team and the office but at what cost? In *Sleeping with Your Smartphone*, Harvard Business School professor Leslie Perlow reveals how you can disconnect and become more productive in the process. In fact, she shows that you can devote more time to your personal life and accomplish more at work. The good news is that this doesn't require a grand organizational makeover or buy-in from the CEO. All it takes is collaboration between you and your team working together and making small, doable changes. What started as an experiment with a six-person team at The Boston Consulting Group one of the world's elite management consulting firms triggered a global initiative that eventually spanned more than nine hundred BCG teams in thirty countries across five continents. These teams confronted their nonstop workweeks and changed the way they worked, becoming more efficient and effective. The result? Employees were more satisfied with their work-life balance and with their work in general. And the firm was better able to recruit and retain employees. Clients also benefited often in unexpected ways. In this engaging book, Perlow takes you inside BCG to witness the challenges and benefits of disconnecting. She provides a step-by-step guide to introducing change on your team by establishing a collective goal, encouraging open dialogue, ensuring leadership support and then spreading change to the rest of your firm. If you and your colleagues are grappling with the always on problem, it's time to disconnect and start reading.