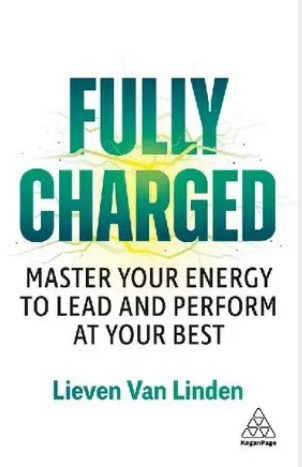
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The most inspiring, fulfilled managers are those who are in control of their energy levels in a world that moves at a breakneck pace.

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Written by performance expert **Lieven van Linden**, the book introduces his proven Heart Rate Variability method, a science-backed north star for tracking and boosting energy. With practical tools and simple daily shifts he reveals how leaders at every level can recharge in ways that last. You'll learn how to map out your current energy level, create an energy management blueprint, track your progress, and keep your habits up long term.

Ignore your energy and burnout is inevitable. Master it and you unlock clarity, confidence and sustainable success.

Themes include: *energy management, sustainable leadership, resilience, stress recovery, high-performance habits and work-life balance.*

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