



## Local Matters.

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#### Small things steal big time

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Laura Stack, a Highlands Ranch-based speaker, has tackled exhaustion and what do do about it.

Stack, who wrote "Leave the Office Earlier" and "Find More Time" now has an answer for the time you do get, but are too pooped to party, let alone finish the dishes.

Her latest book, "The Exhaustion Cure," promises more energy in 21 days, but you must do your part.

Stack examines the physiology of energy, the practices to increase it, and the periphery in one's life that can accent or abscond with energy.

Stack calls them bandits and boosters, and for every bandit she has a booster ready to counteract the time and energy thief.

Feel drained because you create a crisis for the adrenaline rush? Work ahead of your deadlines by setting personal deadlines ahead of project deadlines and avoid crisis junkies and drama queens of all kinds.

Through the book, Stack lays out how people sabotage their own well-being and why they would do it. Adrenaline is addictive in the same way cocaine is, she said. Of course people will thrive on it for a while.

Even for the speaker who makes her living telling others how they can gain more time for themselves in their life has to follow her own advice.

"I try to practice what I preach," Stack said. "I use myself as a guinea pig for all of my techniques. In human terms, that is 'here's what sugar does to you.'"

Each person needs to have a level of awareness and understanding of their bodies and making small, purposeful choices, Stack said.

"I can't say, 'don't eat sugar or drink coffee,' people are not robots."

She does suggest noticing what caffeine and sugar do to you after the first rushes.

"You have to know your worst energy culprits," Stack said.

For some, knowing when to turn off the television news is a major turning point. For others, starting to volunteer will allow them to gain fulfillment and energy, even while giving of their time.

Once you know where to focus, creating personal energy will work for anyone: career women, stay-at-home and work-at-home moms, mid-level executives and students.

For Stack's newsletter, the Productivity Pro, visit [www.theproductivitypro.com](http://www.theproductivitypro.com).

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