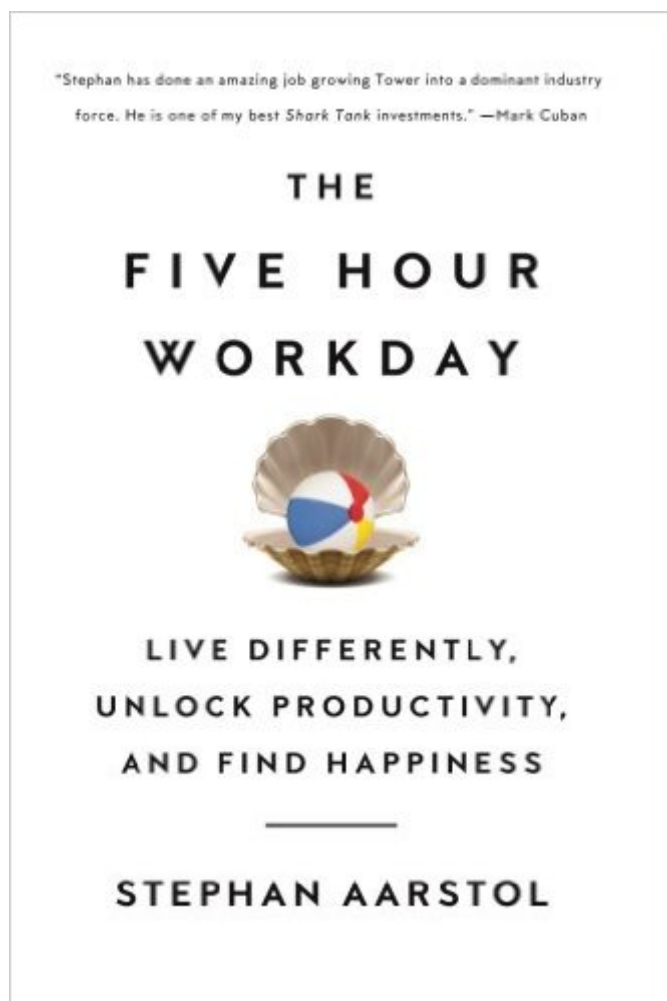


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# The Five-Hour Workday: Live Differently, Unlock Productivity, And Find Happiness



## Synopsis

A century ago, Henry Ford saw a sea change in worker productivity. It was the industrial revolution. Where other's saw only more profits, Ford had a much grander vision. He invented the eight-hour workday, cut his employees' workdays nearly in half and doubled their pay. Productivity and profitability soared. By giving more to his workers, he changed the quality of life of an entire nation. Today, we're in the midst of a massive productivity shift for knowledge workers. And yet, the eight-hour workday hasn't changed. Until now, that is. This book is about one company that simply asked why. A company that had the courage to try an experiment, toward re-inventing a more sensible, productive, and healthy workday for today's knowledge workers. That company is Tower Paddle Boards, one of the fastest-growing companies in the nation, and one of Mark Cuban's best Shark Tank investments. In this book, you'll learn how the five-hour workday:

- Improves business operations, efficiency, and profitability
- Attracts the brightest minds, the hardest workers, and the best performers
- Stimulates employee performance and increases retention rates
- Can be implemented and tested at your company, temporarily and without risk
- Can change your life into something better than you ever imagined possible

## Book Information

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## Customer Reviews

The Five Hour Workday was the book I needed! About 15 years ago I used to work at a major company in Seattle, one of the biggest in the world actually. I could get all my work done in the first 4-6 hours however they wanted me to stay for the typical 8 (9 if you include the mandatory breaks). So I did, I asked for more work but they said that is all we have for you today. So I planned my wedding, while they paid me! It was a bit insane but even though I was fine with them paying me for

doing nothing it started me on a path of spreading my work out for 8 hours to keep me busy sometimes. Now 15 years later I'm self employed and I found myself doing the same work schedule, however the 8 turned into 10-15 or more sometimes. Not because I had that much work but because things would distract me or I just wasn't as motivated or productive as I needed to be. After reading this book I thought "what is 5 hours?" I remembered 15 years ago when I was younger and I used to power through my work in those 4-6 hours and remembered how good it felt to have that checkbox completed and my deck clear. So recently I changed my way of thinking, picked the 5 best work hours to work in the day that would make me the most successful and buckled down! Not only have I been more productive in those 5 hours but my personal life has improved as well! More time for my kids, my husband and MYSELF. I would suggest reading the book if you are in a slump and want to put a fire under yourself or your employees. You will never know till you try and like Stephan says "It can be implemented and test at your company, temporarily and without risk!"

I recently finished the book, and while I came into the read with an open mind, I concede the purchase was made simply because I am a big fan of Stephan's products and wanted a bit more insight into how his thought process worked. What I did not expect, was the book to hit me the way it did. As I approach 40, I spent the bulk of the past 20 years working hard, long hours in high stress, low reward jobs - inside the political arena. While there are some unique experiences in high level professional politics, largely what I have to show is a failed relationship and a career I despised so much I moved on. Additionally I passed up on many opportunities strictly because others suggested it was against the norms of adulthood. About a year ago, I took a job with a base salary far under what I had been making, but it provided me the opportunity to begin taking my life back. I have finally begun taking the steps to ensure I am doing what I truly love. This book helped me step back and begin to look at my plan for achieving some of these long held, but not acted on goals. I am excited to pick up the Tim Ferriss book to read next. Before reading this book I knew something was not right - the hyper focus on work is not healthy. As a parent, I long ago started trying to instill in my daughters there is nothing wrong with being kids until well into their 20s (mind you they are young kids). THE FIVE HOUR WORKDAY, more than anything else, reminded me I can continue to teach them this lesson and do so better by living it myself. Paddle on!

A decent, well-written book that makes a case for a 5 hour workday. He spends a lot of time building the case for the idea, but not much time telling others how to do it. He does give a general idea of how companies can start the process, but again, it is not much of a solid plan. I would say that the

weakness of the book from my perspective is that it does not really lay out a cohesive plan for an individual to implement the 5 hour workday. When you see a book titled "The Five Hour Workday" with a subtitle "Live Differently, Unlock Productivity, and Find Happiness" I think you are lead to think that it could apply to both individuals and companies. I do not think that is the case here. I'm sure I will get slammed for this review, but it is just my opinion.

The Five Hour Workday gives such a unique approach to management and opens the workforce to endless possibilities. Stephan's approach to his business and his desire to put culture and his people above profit is truly inspiring. He describes his company's experiment in great detail and makes implementing a five hour work day in your own business practice an absolute no-brainer. This guy is a game changer in my book. Highly recommend for anyone looking to break from the norm and start to "live differently."

This book is a game changer! The author is living proof the five hour workday works and works extremely well. It's an engaging read, full of great stories and most importantly reveals how you and your company can transition into five hour workday and thrive. It's a must read for the 21st century company.

Really well written and with good ways to implement the ideas. Technology is changing the workplace get on board. Quite honestly, his inspiration for this plan is the 4 hour work week and this is a much better book.

This book is incredible and while I can't say I originally thought up the 5-hour workday, I've always wondered why we work such long hours here in the US. When reading this book, I felt as though Mr. Aarstol was speaking directly to me. There are many countries in the world that place much less of an emphasis on work and yet, by most metrics, they have a significantly better quality of life. Being a knowledge worker myself, I never understood the 9-5 life. It makes absolutely no sense. Anyhow, don't take my word for it. Read this book and decide for yourself.

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