

THE FIVE-HOUR WORKDAY: LIVE DIFFERENTLY, UNLOCK PRODUCTIVITY, AND FIND HAPPINESS BY STEPHAN AARSTOL

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THE FIVE HOUR WORKDAY



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UNLOCK PRODUCTIVITY,
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Review

"Stephan has done an amazing job growing Tower into a dominant industry force. He is one of my best Shark Tank investments."

- Mark Cuban

"At Tower, an amazing experiment is being conducted to disrupt what has not changed much since the Industrial Revolution: the idea that, as workers, we all need to spend five full days of the week doing our jobs. Stephan challenges this and shows that a near 40% reduction in time working is possible. Read the book. See for yourself."

- Thales Teixeira, Harvard Business School Professor

"Stephan Aarstol's decision to implement The Five Hour Workday is a great example of companies putting purpose and people above profit. When more leaders step up and realize that our jobs should be an extension of our values--not a place to go to make ends meet--that is when we'll see a significant change in how business is done. We share Stephan's purpose-driven mentality at Gravity Payments. Our hope is bolder actions like this will catch on. Those at the top need to do the best for those they're leading."

- Dan Price, Founder and CEO of Gravity Payments and originator of the \$70K minimum wage

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THE FIVE-HOUR WORKDAY: LIVE DIFFERENTLY, UNLOCK PRODUCTIVITY, AND FIND HAPPINESS BY STEPHAN AARSTOL PDF

A century ago, Henry Ford saw a sea change in worker productivity. It was the industrial revolution. Where others 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

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Most helpful customer reviews

10 of 10 people found the following review helpful.

The Five-Hour Workday - How small business can attract top talent, keep their employees happy, and crush their competition

By mpspack

The Five-Hour Workday has my head spinning. I buy into Stephan's idea of the five hour work day and we're going to do a three month test at our 10 person company. We believe this will be better for our employees AND give us a huge competitive advantage in attracting talented employees. This book changes the rules of the game and every business owner should contemplate it.

The ideas in this book are worthy of five stars. I did find some of the book redundant and would have also appreciated more nuts and bolts advice on how to implement this concept (and/or more stories of lessons learned). Like many business books, it felt like it was stretched to fit a minimum quantity of pages. Maybe there's a follow-up, how-to/how-not-to book for Stephan after more companies experiment with the five hour work day.

3 of 3 people found the following review helpful.

Much more informative and inspirational than I expected

By Xuan

I was drawn to the book for its title but did not expect too much from it. I thought much of the book wouldn't apply to me, and maybe there will be some bits of useable tips for work hidden in its relatively lengthy text. I was very pleasantly surprised by how much the book won me over and inspired me to not only change the way I lead my team but also how I plan my life. The author more passionate as the book progresses and at the end is borderline messianic in talking about the "Renaissance Economy", but I don't think his zeal discounts the core message: that fundamentally we can be happier if we had more time for ourselves, and that time can be salvaged from a workday with little loss to productivity. I'm sure that it doesn't fit all industries, but as far as knowledge workers are concerned (of which I am one), this book presents a very persuasive argument, and offers a ray of hope to those still struggling with work life balance.

4 of 4 people found the following review helpful.

This book needs to be read and passed on to as many people as possible! Hasten the revolution!

By Melissa H

Yes! I read through this book so fast! I eagerly consumed it. It encompassed so much of what I've thought and experienced in the last 7 years, some of which I wasn't consciously aware of and some I was. It couldn't have come across my path at a more interesting time. Just after I requested to go to 30 hours and even

offered to take a reduced pay at my job. The request was denied. I will see about pushing this book in front of some key people. I could have done without some of the profanity, which wasn't that frequent. Sometimes it didn't seem necessary but others it fit so well I didn't mind. I did find 2 editor misses ;) And was shipped with a sticky yucky residue on the covers.

This book needs to be read and passed on to as many people as possible! Hasten the revolution!

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