



The Hamster Revolution for Meetings: How to Meet Less and Get More Done

Mike Song, Vicki Halsey, Tim Burress

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Meetings have changed. They're more frequent, virtual, and informal. Yet, most professionals haven't upgraded their meeting skills. It's no wonder that 43% of meeting time is wasted.

Enter *The Hamster Revolution for Meetings*: Your guide to effective meetings in the information age -- The perfect book for any professional trying to escape the meeting cage.

The Hamster Revolution for Meetings is chock-full of practical advice that really works. You'll discover tips that keep your meetings productive, on track, and engaging. Included is a landmark case study that shows how 2,000 Capital One associates cut their meeting time by 13% while improving meeting results by 38%. Professionals waste up to a month a year on meetings—costing their companies billions in missed opportunities. The good news? Hope and help are here. *The Hamster Revolution* is the definitive book for our times.

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