New Book Reveals Why Managing Your Energy, Not Your Time, Is The Secret to High Performance

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Employees have never had more productivity tools, yet burnout, stress and exhaustion continue to rise. According to author and performance enhancement expert Richard Maddocks, the problem is that organisations have spent decades managing time instead of managing energy. Now published in a revised and updated paperback edition, *The Energy Book: 50 Ways to Boost Your Energy in Work and Life* by LID Publishing. In his book Maddocks argues that sustainable high performance depends less on squeezing more into the day and more on understanding how to protect and replenish personal energy.

After more than 40 years helping organisations improve performance, Maddocks believes that the modern workplace has created an "energy deficit" that affects productivity, creativity, decision-making and wellbeing.

Richard Maddocks says, "People often say they need more time. In reality, most people need more energy. Time is fixed, but energy can be renewed. When people understand what gives them energy and what drains it, they perform better, make better decisions and enjoy healthier, more fulfilling lives."

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Rather than focusing on productivity hacks or working harder, the book introduces 50 practical techniques that help readers increase their physical, emotional, mental and purpose-driven energy. The result is improved resilience, sharper thinking and higher performance, both professionally and personally.

Maddocks believes leaders have a particularly important role to play and adds: "Many organisations unintentionally create environments that drain people's energy. Leaders often measure productivity without asking whether their teams have the energy to sustain it. When organisations start protecting energy instead of simply demanding performance, everyone benefits."

The Energy Book explains why managing energy is more important than managing time, explores the hidden causes of workplace burnout and introduces the four dimensions of personal energy. It also offers practical daily habits to improve resilience and wellbeing, shows leaders how to create more energised and productive teams, and argues that sustainable performance, not constant busyness, should become the new measure of success.

Published as part of LID Publishing's bestselling Concise Advice series, *The Energy Book* combines business insight with practical self-development advice, giving readers 50 simple, evidence-informed techniques to boost their energy, reduce stress and achieve sustainable high performance at work and in life.

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Notes to Editors

- For all media enquiries contact Simon Wooldridge on M +44 (0)7879 148420; E: simon.wooldridge@lidbusinessmedia.com
- LID Publishing is an award-winning global business publisher, producing practical books that help professionals and organisations thrive. To find out more visit: https://lidpublishing.com/
- **About the Author**: Richard Maddock is an internationally recognised inspirational speaker and workshop leader. Personal Energy Management is a central theme throughout his work. Richard's passion for helping individuals, teams and organisations unleash their potential has enabled thousands of people to experience more fulfilment and impact in all parts of their lives. The resulting positive effect for companies has made him a trusted partner for clients seeking to improve business performance, employee engagement and long-term organisational success. Visit https://richardmaddocks.com/

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Scan Me:

Company Contact:

LID Business Media

T. +44 (0)7377954763
E. Kaitlyn.humphrys@lidbusinessmedia.com
W. https://lidpublishing.com

Additional Contact(s):
For all media enquiries, please contact:
Kaitlyn Humphrys
Kaitlyn.humphrys@lidbusinessmedia.com
+44 (0)7928 666131

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