

ATIF JAVID

Atif Javid Success Coach Holds Entrepreneur Health More Important Than Business

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In a blog post published by the Bristol-based success coach and mentor, Atif Javid writes that many entrepreneurs put in tremendous emphasis on the success of their venture, but they often fail to give much attention to their own personal health and well-being.

Atif maintains that the health of an entrepreneur is crucial and more important than the venture itself. His website with the blog pages can be visited here: <http://www.atifjavid.com>.

Many young entrepreneurs may feel that this statement from Atif may not apply to them, as they enjoy good health and their young bodies may feel quite able to withstand the high daily pressures of their business.

There's a prevalent attitude among entrepreneurs that the business, whatever that business is, comes first. It is the high priority that trumps everything else, including family, friends and especially health.

But Atif does have a point when he says no to such an attitude. A business is totally reliant on the energy and drive that an entrepreneur brings for its growth. And such a drive needs to be fed into the business daily over

a long period of time. An entrepreneur who gives his health a lesser priority will ultimately over time feel tired and less energised ? which can have a direct effect on the business.

Furthermore, if good habits such as taking time to play sports or go to the gym and eat a balanced diet and get ample sleep are formed early on, the entrepreneur will be able to sustain his or her body through the rigours of the business for a longer period of time in a sustainable manner.

More about this health conscious arousing blog post released by Atif can be read by visiting any of the following two links: <http://finance.yahoo.com/news/atif-javid-puts-entrepreneur-health-095000952.html> or <http://www.reuters.com/brandfeatures/venture-capital/article?id=147600>.

Atif also writes in his interesting blog post about the importance of creating healthy daily routines that support the entrepreneur. These help the entrepreneur in living a healthy and productive lifestyle with lesser mental effort. Readers are invited to visit Atif?s website for more insights and details.

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Atif Javid mentors, coaches and helps entrepreneurs and business owners unlock their personal potential to achieve extraordinary success in both life and business.

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