

# Free The Five-Hour Workday: Live Differently, Unlock Productivity, and Find Happiness PDF

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

## THE FIVE HOUR WORKDAY



LIVE DIFFERENTLY,  
UNLOCK PRODUCTIVITY,  
AND FIND HAPPINESS

STEPHAN AARSTOL



Free The Five-Hour Workday: Live Differently, Unlock Productivity, and Find Happiness by *By Stephan Aarstol*

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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:

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