

**Sleeping With Your Smartphone: How To Break The
24/7 Habit And Change The Way You Work By Leslie
A. Perlow (May 8 2012)**

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Leslie A. Perlow is the Konosuke Matsushita Professor of Leadership at Harvard Business School. She is the author of *Sleeping With Your Smartphone* (HBR Press, 2012).

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Sleeping with Your Smartphone : How to Break the 24/7 Habit and Change the Way You Work (Leslie A. Perlow) at Booksamillion.com. .

Leslie a. perlow - faculty - harvard business

Leslie Perlow is the Konosuke Matsushita Professor of Leadership in the Organizational Behavior area at the Harvard Business School. *Sleeping with your Smartphone*:

Sleeping with your smartphone? | the workplace

The Workplace Coach recommends Harvard Business School Professor Leslie Perlow's new book -- *Sleeping with your smartphone* -- where she discusses how we can achieve

Recommendation: do not sleep with your smartphone

Yeah right, smartphone has its advantage and disadvantages and I felt grateful to you for sharing us this information.

How your smartphone messes with your

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Leslie Perlow is the Konosuke Matsushita Professor of *Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work* by Leslie A

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Sleeping With Your Smart Phone: How to Break the 24/7 Habit and Change the Way You Work audiobook by Leslie A. Perlow. 24/7 Habit and Change the Way You Work,

Leslie perlow on sleeping with your smartphone

2012 vol. 5.03 Leslie Perlow on Sleeping with Your Smartphone BY DAVID CREELMAN Harvard s Leslie Perlow has spent years researching the human side of business issues.

Why you're sleeping with your smartphone - fast

Leslie Perlow is a Harvard Business School professor and the author of Sleeping with Your Smartphone. We talked with her not long ago about why people can't let

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