

Author Roger Germann Releases 'Exponential Unleashment' Inspired by 1,111 Days and 69,000 miles of Observation

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/EINPresswire.com/ -- Author and entrepreneur Roger Germann has announced the release of [Exponential Unleashment](#): The Actionable Playbook for Focus, Flow, and a Happier, Healthier, More Productive Life, the first book in the Exponential Series. The 500 page book presents a structured framework designed to help readers improve focus, wellbeing, and long-term productivity through practical daily shifts that compound over time. Drawing from behavioral science, neuroscience, systems thinking, and decades of lived experience, the book explores how small adjustments across sleep, stress, movement, relationships, and mental clarity can create measurable improvements in personal and professional life.

Availability

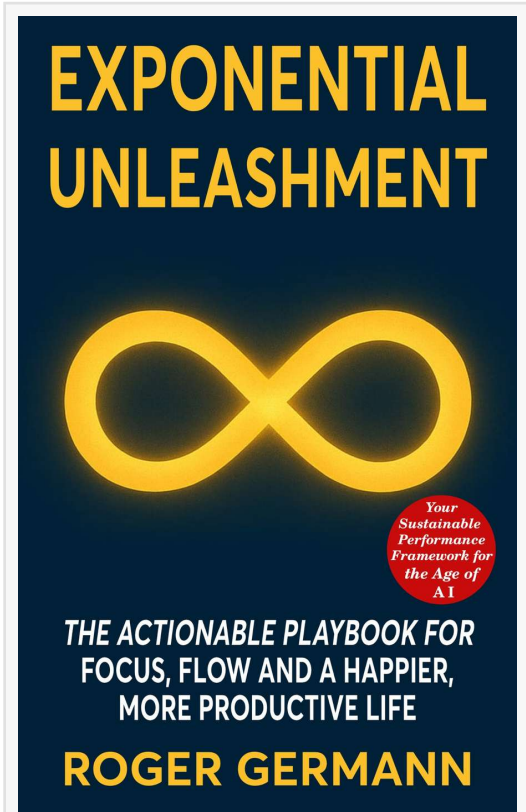
The book will be available worldwide on Amazon starting June 2nd: <https://www.amazon.com/Exponential-Unleashment/dp/B0GMSWC5N3>

For more information, readers can visit the book's [official website](#).

A Framework Designed for Modern Challenges

In *Exponential Unleashment*, Roger Germann examines why many high performers experience burnout despite working harder than ever. The book introduces concepts such as the "Performance Paradox," which explains how excessive effort can reduce effectiveness, and the "Street Cleaner Principle," a model focused on building momentum through consistency and sustainable habits.

Roger also explores the science behind flow states and attention management, offering readers



Exponential Unleashment by
Roger Germann Pic1

practical methods for creating environments that support clarity and deep focus. The book combines research with accessible explanations that can be applied in daily routines, leadership settings, and personal development practices.

The release arrives at a time when conversations around stress, digital distraction, and work-life balance continue to grow globally. Roger's framework addresses these concerns through interconnected systems that emphasize long-term capability rather than short-term intensity.

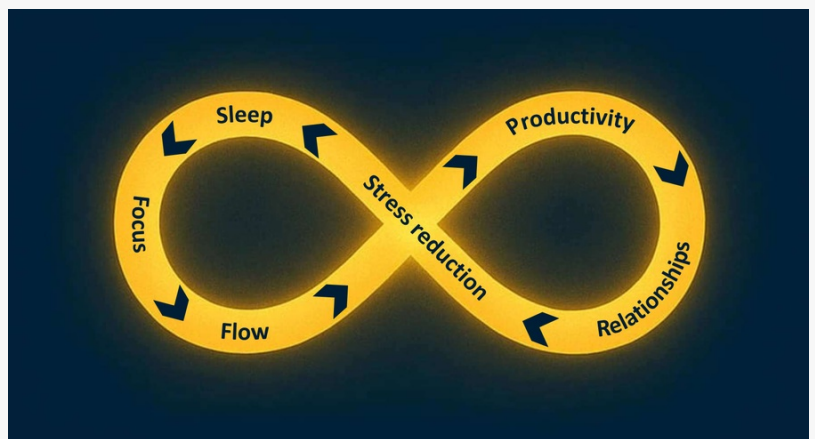
Global Experience Shapes the Book's Perspective

Roger Germann brings more than three decades of experience across industries including hospitality, banking, education, infrastructure, marketing, and international business. Fluent in six languages and having lived in seven countries, Roger developed the ideas behind Exponential Unleashment through years of observation and personal experience.

Following the closure of his business after post-pandemic structural changes, Roger spent more than three years traveling 69,000 miles (111,000 kilometers) across continents by camper and motorcycle. During that journey, he observed recurring global patterns surrounding stress, fragmented attention, burnout, and emotional exhaustion. Those observations became the foundation for the framework outlined in the book.



Author Roger Germann



Exponential Unleashment by Roger Germann Pic2



Exponential Unleashment by Roger Germann Pic3

"People often confuse intensity with progress," said Roger Germann, author of Exponential Unleashment. "The deeper shift happens when individuals create alignment across the systems

that shape their lives. Small changes begin reinforcing one another, and that is where sustainable performance starts to emerge."

A Structured Approach to Focus, Wellbeing, and Performance

The book also explores concepts such as the "Second Arrow Principle," which combines ancient wisdom and modern neuroscience to address emotional stress and unnecessary mental suffering. Additional sections cover topics including sleep quality, movement, breathwork, gut health, relationships, and emotional resilience. Roger presents these areas as connected foundations rather than isolated self-help strategies. Each chapter builds on the previous one, creating a practical roadmap for readers seeking clarity and stability in an increasingly fast-moving world. Here is a recent article published [about the book](#).

The book is intended for professionals, entrepreneurs, leaders, parents, creatives, and individuals looking for sustainable ways to improve both performance and wellbeing.

About Roger Germann

Roger Germann is an entrepreneur, speaker, and author focused on sustainable performance, systems thinking, and human capability in the Age of AI. He previously founded and led an international company in Switzerland for eleven years and has worked across multiple industries throughout his career. Roger's work integrates behavioral science, lived experience, and practical frameworks designed to help individuals navigate complexity with greater clarity and resilience.

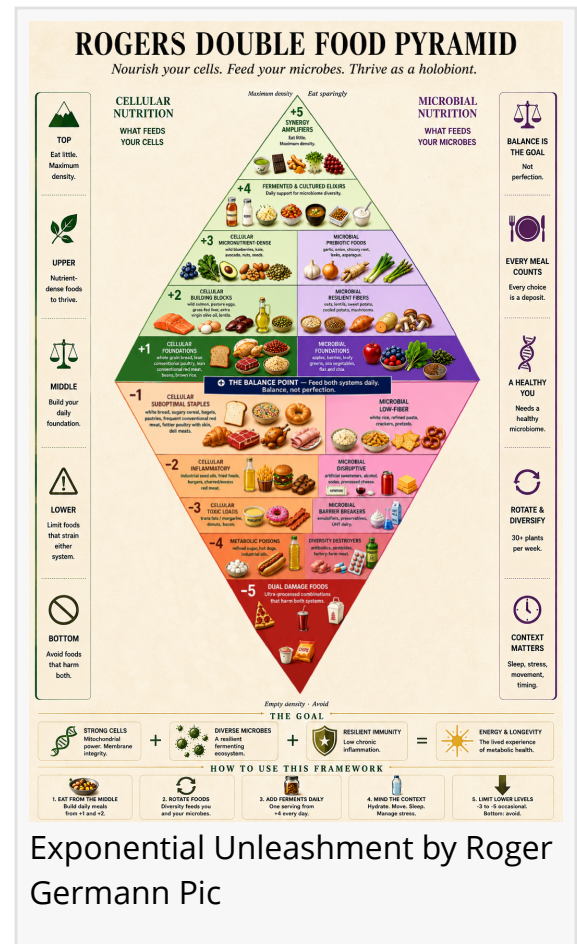
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