



True For You Time Management Workbook: A Step-by-Step Guide to Find Your Focus, Clarify Your Priorities, and Find More Hours in Your Day

Julie Gray

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An Unconventional Approach to Time Management

Holistic Time Coach Julie Gray has spent thousands of hours working with clients and researching what it actually takes to make a time system stick. What she discovered is this: The system has to be yours.

There is no such thing as a one-size-fits-all time management system. To end the battle against time and transform your life it is necessary to embrace who you are, how you think, and the life you want to live. Your system needs to be customized to fit you -- not the other way around.

This realization led Julie to develop a process that allows you to create your own time system -- one that fits who you truly are. Inside this workbook you will find a step-by-step process for creating your best time management system. One that will leave you more present, productive and with a renewed connection to your mind, body, and spirit.

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From reader reviews:

Susan Preuss:

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the e-book untitled True For You Time Management Workbook: A Step-by-Step Guide to Find Your Focus, Clarify Your Priorities, and Find More Hours in Your Day can be excellent book to read. May be it could be best activity to you.

Clifford Harris:

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love True For You Time Management Workbook: A Step-by-Step Guide to Find Your Focus, Clarify Your Priorities, and Find More Hours in Your Day, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

Richard Lamm:

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Jenna Quintana:

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