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## Triple Your Time Today: 10 Proven Time Management Strategies to Help You Create and Save More Time! (Paperback)

By Kathryn McKinnon

Createspace, United States, 2011. Paperback. Book Condition: New. Alan L McKinnon III (illustrator). 214 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In this Best Selling Book in its Category on Amazon, Author Kathryn McKinnon shares 10 Core Principles of Productivity to use as a foundation for your success. You'll learn how your future can either be an extension of your past, or it can be something you create consciously, by choice. You'll learn to take control over your life and start living in the present. Get proven time management strategies and success stories where you'll learn how to prioritize and set goals, reduce distractions, eliminate procrastination, get things done, unlock your creativity and transform your life. Discover the secret to identifying what is most important in your life so you can focus on it each day. Learn how to avoid allowing fear and chaos to start in your mind and emotions and work their way into your body. Discover 4 ways to increase your focus, eliminate mental chaos and stress, stay organized and even save 40 minutes of FREE time each day so you can have more time for yourself. Get...



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