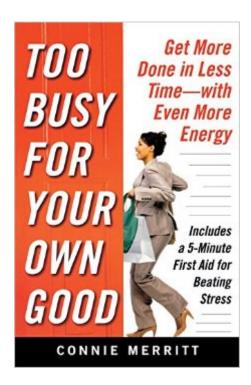
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Too Busy For Your Own Good: Get More Done In Less TimeWith Even More Energy





Synopsis

The busy womeni; s guide to managing their. time and simplifying their livesi; with less. stress and more excitement. For the woman who has everythingi; except the time. to do anythingi; comes this empowering handbook of. proven techniques for reducing the i; busy-nessi; levels. in our crazy, hectic lives. Written by a i; recovered. Superwomani; who tried to do it all, the book shows. you how to prioritize, how to say no, how to deal. with difficult people, and how to get more done in less. timei; without multi-tasking. Best of all, it teaches. you to relax and enjoy the things that really matter. and become reenergized and excited about life!

Book Information

Paperback: 256 pages Publisher: McGraw-Hill; 1 edition (June 19, 2009) Language: English ISBN-10: 0071612866 ISBN-13: 978-0071612869 Product Dimensions: 5.4 x 0.7 x 8.1 inches Shipping Weight: 10.4 ounces (View shipping rates and policies) Average Customer Review: 4.8 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #2,305,367 in Books (See Top 100 in Books) #23 in Books > Sports & Outdoors > Individual Sports > Juggling #86 in Books > Business & Money > Business Culture > Work Life Balance #1574 in Books > Business & Money > Skills > Time Management

Customer Reviews

Too Busy for Your Own Good is a must-read for any busy person. The author gives you practical tools to deal with the near-universal problem of overcommitting. Set aside time to read this book, and you'll gain more time and energy to devote to yourself and your relationships. Worth every penny.

This book helped me in my business, to know how to balance work, family & social activities. I wish I had it 10 years ago...an excellent resource for busy people.

This book had me on the first page. First paragraph, really. The busyness of life sure does seem to be a status symbol these days, as the author points out. What I loved about this book was all of the tools, strategies and resources given. Connie did not hold back at all and shares with us so much

wonderful information that can be used at work, at home and in life! A great read, thank you for sharing this book with me. -Elizabeth Scala, author of bestselling 'Nursing from Within'

Great accumulation of tips, thoughts, and tools to plan

I got this book as a Christmas present from my best girlfriend. Out of politeness, I perused the Table of Contents while she watched. I knew immediately that I would read the book. I did.Now you must do the same, you busy people. As a favor to your best girlfriends, give them this book for the New Year. Get them started at beating their own stress. By following the advice in TOO BUSY FOR YOUR OWN GOOD, all of you readers will find even more time for your "girls' night out!"

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