



The 7 Minute Solution: Time Strategies to Prioritize, Organize & Simplify Your Life at Work & at Home

Allyson Lewis

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Forget about ordinary time management—*The 7 Minute Solution* offers breakthrough time strategies. It is a straightforward, inspirational process filled with innovative ideas, human stories, concrete tools, and the captivating science of how you can truly change your daily habits to be more productive and find deeper meaning and purpose in life.

POPULAR TIME MANAGEMENT SPEAKER AND AUTHOR ALLYSON LEWIS writes: “My life changed forever when I took seven minutes to write down my purpose.” With *The 7 Minute Solution*, you too can become a different person tomorrow from the person you are today—more energetic, more resilient, and more positive.

Learn time strategies to prioritize, organize, and simplify all aspects of your life at work and at home. By breaking down big-picture goals and overwhelming challenges into manageable daily actions, you will find that you are able to achieve more than you ever have before. Using the 7 Minute tools, ideas, checklists, processes, and systems included in this book you will be able to manage your time to focus your attention, to concentrate on your highest-value activities, to dramatically increase your daily productivity with one piece of paper, and to accomplish more in the next ninety days than you ever have before.

With plenty of real-life human stories, *The 7 Minute Solution*'s straightforward, inspirational process and winning techniques will get you from where you are to where you want to be.

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Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the book untitled The 7 Minute Solution: Time Strategies to Prioritize, Organize & Simplify Your Life at Work & at Home can be good book to read. May be it can be best activity to you.

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