



## The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time

By Allyson Lewis

SIMON SCHUSTER, United States, 2013. Paperback. Book Condition: New. 224 x 145 mm. Language: English . Brand New Book. 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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