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# YOU CAN MANAGE YOUR TIME BETTER: CHANGE YOUR THINKING, CHANGE YOUR LIFE



Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Manage Your Time Better: Change Your Thinking, Change Your Life, Lucy MacDonald, Everyday we struggle with time - haunted by undone to-do lists, ever-fuller inboxes and missed deadlines. Often, we are so busy over-thinking the past and worrying about the future, we forfeit our enjoyment of the present. You Can Manage Your Time Better shows you how to maximize your time, eliminate stress and reclaim your life. Stress and anger...

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- Authored by Lucy MacDonald
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