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



Synopsis

The busy women's guide to managing their time and simplifying their lives with less stress and more excitement. For the woman who has everything except the time to do anything comes this empowering handbook of proven techniques for reducing the busy-ness levels in our crazy, hectic lives. Written by a recovered Superwoman 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 time 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

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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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