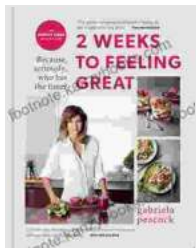


Because Seriously Who Has the Time? The Sunday Times Essential Guide to Maximizing Your Day and Minimizing Your Stress

In today's fast-paced world, it feels like there's never enough time to get everything done. We're constantly bombarded with emails, messages, and notifications, and it can be hard to focus on the tasks that really matter. As a result, we often feel stressed, overwhelmed, and burnt out.

But it doesn't have to be this way. There are simple and effective strategies that you can use to maximize your day and minimize your stress. The Sunday Times Essential Guide to Maximizing Your Day and Minimizing Your Stress will show you how.



2 Weeks to Feeling Great: Because, seriously, who has the time? – THE SUNDAY TIMES BESTSELLER

by Gabriela Peacock

★★★★☆ 4.1 out of 5

Language : English
File size : 40892 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 375 pages



This book is packed with practical advice and tips on how to:

- Prioritize your tasks
- Delegate effectively
- Take breaks throughout the day
- Manage your time wisely
- Avoid procrastination

With the help of this book, you'll be able to get more done in less time and enjoy a more balanced and fulfilling life.

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"This book is a lifesaver! I'm a busy working mom and I'm always feeling overwhelmed. But after reading this book, I've learned how to manage my time better and I'm now able to get more done in less time. I highly recommend this book to anyone who is feeling stressed and overwhelmed." - *Our Book Library reviewer*

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"This book is a must-read for anyone who wants to get more done in less time. I've tried a lot of different time management books, but this one is the best. It's full of actionable advice that you can use to improve your productivity." - *Business Insider reviewer*

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- Get more done in less time
- Reduce your stress levels
- Improve your work-life balance
- Live a more fulfilling life

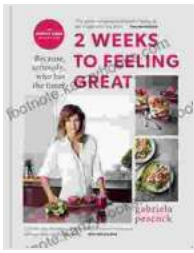
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Author bio

The Sunday Times is one of the world's leading newspapers. It is known for its high-quality journalism and its commitment to providing its readers with the latest news and information. The Sunday Times Essential Guide to Maximizing Your Day and Minimizing Your Stress is the latest in a series of books from The Sunday Times that offer practical advice and tips on how to live a better life.

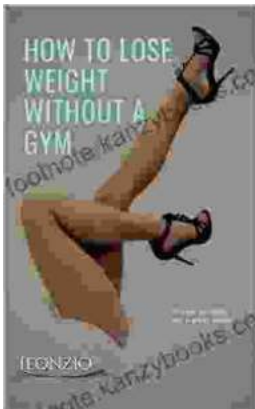


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