

Time Management From The Inside Out Foolproof System For Taking Control Of Your Schedule And Life

Julie Morgenstern

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Time management is the process of planning and exercising conscious control of time spent on specific activities, especially to increase effectiveness, efficiency, and productivity. It involves a juggling act of various demands upon a person relating to work, social life, family, hobbies, personal interests and commitments with the finiteness of time.. Using time effectively gives the person ...

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