



## The Ultimate Time Management Guide for Workaholics

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By Bogdan Vaida

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As you already know, the internet is full of methods and techniques on this subject, but I wonder how many of them have actually been tested. I can assure you that this is not the case with the techniques contained in this book. I have tested and re-tested every single one of them during workshops and trainings because I am motivated by an intrinsic aspect; my mission is to teach students how to become their own teachers. I am here to create an environment for you to become a productive person, in control of your own time! This book is NOT a manual which takes you through all the principles and theory behind time management. Instead, it provides you with practical, down-to-earth advice that really works; it gives you the tools that get the job done! During my experience as a time-management and personality typologies trainer, I ve identified real problems people have to deal with in their daily lives.



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