



The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time

Allyson Lewis

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With *The 7 Minute Solution*, you can be a different person tomorrow from the person you are today—more energetic, more resilient, and more positive. A straightforward, inspirational process for getting from where you are to where you want to be, *The 7 Minute Solution* will help you in your relationships, personal life, career, and health. Allyson Lewis is a renowned time-management expert, productivity speaker, and financial adviser who has spent the last twenty-seven years developing and teaching concrete, actionable business ideas to executives all over the country. Now, in *The 7 Minute Solution*, she shares these winning techniques and explains how you can apply them to all aspects of life.

Lewis offers simple, effective strategies to help you prioritize, organize, and simplify your life for greater meaning and productivity. By breaking down big-picture goals into tiny, manageable, daily actions, you will find that you are able to achieve more than you ever have before. First, you will learn your “7 vital signs of living with meaning”—conscious awareness, motivation, growing and learning, engaging, persevering, living in flow, and living with faith. Then, you will bring each one into clear focus and balance with practical tools and techniques such as “5 before 11” (accomplishing five high-value tasks before 11:00 a.m. every day) and “7 Big-Life Questions,” which shows how to evaluate what’s most significant in the long term.

Applying proven, practical science, backed up with plenty of real-life human stories, *The 7 Minute Solution* tackles sometimes overwhelming challenges in manageable chunks. It is a process for creating an open mind-set so that you can respond to opportunities for learning and growing, engaging and giving; a book for businesspeople looking to increase their productivity and effectiveness as well as for anyone looking to deepen and grow personal relationships.

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