



It Takes An Egg Timer: A Guide To Creating The Time For Your Life

Joanne Tombrakos

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One of the biggest excuses for not creating the change we want is that we are convinced we just don't have the time. We're already on overload. How can we possibly fit one more thing in? We're convinced we have not a moment to do those things we have to do, much less what we yearn most to. It Takes An Egg Timer, a Guide to Creating the Time for Your Life intends to prove that excuse wrong. You do have enough time-for everything you have to do and want to, and then some. It's just a question of what you are letting get in the way. This is not your typical book on time management. It is part guide and part manifesto. It offers uncomplicated solutions that start with a very simple tool, the egg timer. It is written not just for the self-employed and entrepreneurs struggling to keep themselves on task, productive and happy but also for those who simply dream about making a change in their life, big or small, and are convinced that what is stopping them is not enough time. Informative and entertaining, It Takes An Egg Timer will inspire and motivate you to examine how you use and misuse your time. At the end you will no longer ask yourself whether you have the time to do what you want, but what you will do with it now that you've found it.

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