



Taming the To-Do List: How to Choose Your Best Work Every Day (Paperback)

By Glynnis Whitwer

Baker Publishing Group, United Kingdom, 2015. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. No matter how hard women work or how much they accomplish in a day, there's lingering anxiety and guilt over what they didn't do. We just wish the world would stop for a day so we could catch up. Glynnis Whitwer has identified what makes us feel so overburdened--and it's probably not what you think. Taming the To-Do List exposes a seismic shift in our society: from one in which most of us were proactive toward one where we now carry the burden of having to respond --to every email, text, tweet, and message we receive. This major shift creates a cycle where everyone else sets the priorities for our days, rather than us designing our own lives. Taming the To-Do List addresses this significant change in how we manage our time and the issue of procrastination from a woman's point of view. It addresses the common household tasks many women put off, like doing housework and scheduling doctor's appointments, and moves on to the larger, more life-impacting delays of dreams and goals. Combining practical,...

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