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168 HOURS: YOU HAVE MORE TIME THAN YOU THINK



Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, 168 Hours: You Have More Time Than You Think, Laura Vanderkam, It's an unquestioned truth of modern life: we are starved for time. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or if we don't make excuses, we make sacrifices- taking time...

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- Authored by Laura Vanderkam
- Released at -



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