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Que Hace la Gente Exitosa Antes del Desayuno

By Laura Vanderkam

AGUILAR, Mexico, 2014. Paperback. Book Condition: New. 239 x 150 mm. Language: Spanish . Brand New Book. Mornings are a madcap time for many of us. We wake up in a haze often after hitting snooze a few times. Then we rush around to get ready and out the door so we can officially start the day. Before we know it, hours have slipped by without us accomplishing anything beyond downing a cup of coffee, dashing off a few emails, and dishing with our coworkers around the water cooler. By the time the workday wraps up, we're so exhausted and defeated that any motivation to accomplish something in the evening has vanished. But according to time management expert Laura Vanderkam, mornings hold the key to taking control of our schedules. If we use them wisely, we can build habits that will allow us to lead happier, more productive lives. Drawing on real-life anecdotes and scientific research that shows why the early hours of the day are so important, Vanderkam reveals how successful people use mornings to help them accomplish things that are often impossible to take care of later in the day. While many of us are still in bed,...

Reviews

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