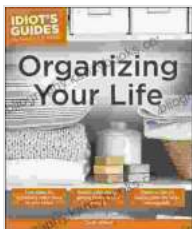


Practical Tips For Making Your Life More Manageable: Idiot Guides

Are you feeling overwhelmed and stressed? Do you feel like you're constantly running out of time and can't seem to get anything done? If so, then this book is for you.



Organizing Your Life: Practical Tips for Making Your Life More Manageable (Idiot's Guides) by Cyndy Aldred

★★★★☆ 4.1 out of 5

Language : English

File size : 156684 KB

Screen Reader: Supported

Print length : 288 pages



Practical Tips For Making Your Life More Manageable is packed with simple, easy-to-follow tips that will help you declutter your life, get organized, and finally take control of your time. This book will teach you how to:

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- Develop strategies for dealing with stress and anxiety
- Set priorities and goals
- Create a schedule and stick to it
- Delegate tasks and ask for help

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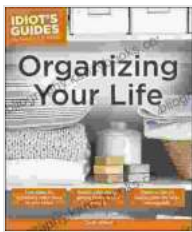
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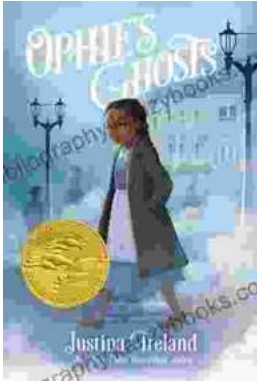
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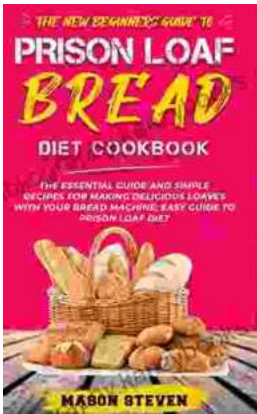
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