



True For You Time Management Workbook: A Step-by-Step Guide to Find Your Focus, Clarify Your Priorities, and Find More Hours in Your Day

Julie Gray

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An Unconventional Approach to Time Management

Holistic Time Coach Julie Gray has spent thousands of hours working with clients and researching what it actually takes to make a time system stick. What she discovered is this: The system has to be yours.

There is no such thing as a one-size-fits-all time management system. To end the battle against time and transform your life it is necessary to embrace who you are, how you think, and the life you want to live. Your system needs to be customized to fit you -- not the other way around.

This realization led Julie to develop a process that allows you to create your own time system -- one that fits who you truly are. Inside this workbook you will find a step-by-step process for creating your best time management system. One that will leave you more present, productive and with a renewed connection to your mind, body, and spirit.



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Kayla Wilson:

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