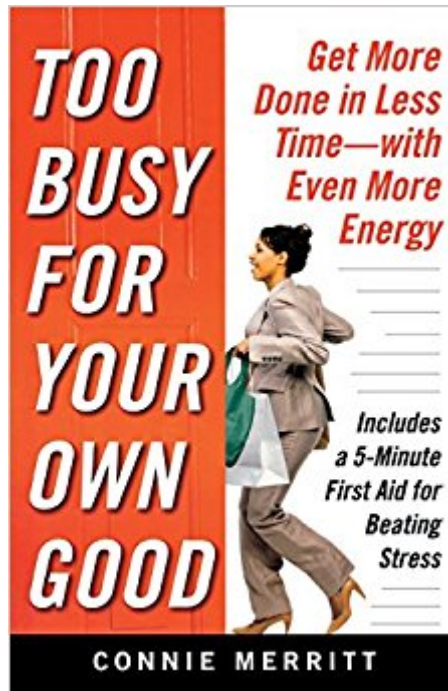


The book was found

Too Busy For Your Own Good: Get More Done In Less Time With Even More Energy



Synopsis

The busy woman's guide to managing their time and simplifying their lives with less stress and more excitement. For the woman who has everything except the time to do anything comes this empowering handbook of proven techniques for reducing the busy-ness levels in our crazy, hectic lives. Written by a recovered Superwoman who tried to do it all, the book shows you how to prioritize, how to say no, how to deal with difficult people, and how to get more done in less time without multi-tasking. Best of all, it teaches you to relax and enjoy the things that really matter and become reenergized and excited about life!

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #2,305,367 in Books (See Top 100 in Books) #23 in [Books > Sports & Outdoors > Individual Sports > Juggling](#) #86 in [Books > Business & Money > Business Culture > Work Life Balance](#) #1574 in [Books > Business & Money > Skills > Time Management](#)

Customer Reviews

Too Busy for Your Own Good is a must-read for any busy person. The author gives you practical tools to deal with the near-universal problem of overcommitting. Set aside time to read this book, and you'll gain more time and energy to devote to yourself and your relationships. Worth every penny.

This book helped me in my business, to know how to balance work, family & social activities. I wish I had it 10 years ago...an excellent resource for busy people.

This book had me on the first page. First paragraph, really. The busyness of life sure does seem to be a status symbol these days, as the author points out. What I loved about this book was all of the tools, strategies and resources given. Connie did not hold back at all and shares with us so much

wonderful information that can be used at work, at home and in life! A great read, thank you for sharing this book with me. -Elizabeth Scala, author of bestselling 'Nursing from Within'

Great accumulation of tips, thoughts, and tools to plan

I got this book as a Christmas present from my best girlfriend. Out of politeness, I perused the Table of Contents while she watched. I knew immediately that I would read the book. I did. Now you must do the same, you busy people. As a favor to your best girlfriends, give them this book for the New Year. Get them started at beating their own stress. By following the advice in TOO BUSY FOR YOUR OWN GOOD, all of you readers will find even more time for your "girls' night out!"

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Too Busy for Your Own Good: Get More Done in Less Time With Even More Energy Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship Stop Complainers and Energy Drainers: How to Negotiate Work Drama to Get More Done Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time Easy Peasy Potty Training: The Busy Parents' Guide to Toilet Training with Less Stress and Less Mess Rich Dad Advisor's Series: Own Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad's Advisors) Daily Routine Makeover: Guide To Focused Action, Productivity Hacks, Stress-Free Performance - Get Things Done In Less Time In His Footsteps: I Gave My To Do List To God and Got More Done, More Sleep and Less Stress Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Getting Organized in the Google Era: How to Get Stuff out of Your Head, Find It When You Need It, and Get It Done Right The Toddler's Busy Book: 365 Creative Games and Activities to Keep Your 1 1/2- to 3-Year-Old Busy Good to Great: Summarized for Busy People (Business, Good to Great) No More Hot Flashes... And Even More Good News Loans 101: How to get a loan. Pay Less and Get More (Money Management Series) My Disney Busy Bag: Traveling With Children by Plane/8 Crayons/My Trip Blank Book/Write on Wipe Off World Map/Erasable Pen/Mickey Storybook/2 Disney (My Disney Busy Bag Series) My Disney Busy Bag: Traveling With Children by Car/4 Colored Pencils/Blank Book/Wipe-Off U.S. Map/Erasable Pen/Cassette/Sewing Cards//Activity Cards (My Disney Busy Bag Series) Richard Scarry's Busy, Busy World Busy Airport (Busy Books) Japanese for Busy People I: Romanized Version 1 CD attached (Japanese for Busy People Series) Busy Barnyard (A Busy Book)

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