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## Taming the To-Do List: How to Choose Your Best Work Every Day

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By Glynnis Whitwer

Baker Publishing Group, United Kingdom, 2015. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. No matter how hard women work or how much they accomplish in a day, there s lingering anxiety and guilt over what they didn t do. We just wish the world would stop for a day so we could catch up. Glynnis Whitwer has identified what makes us feel so overburdened--and it s probably not what you think. Taming the To-Do List exposes a seismic shift in our society: from one in which most of us were proactive toward one where we now carry the burden of having to respond --to every email, text, tweet, and message we receive. This major shift creates a cycle where everyone else sets the priorities for our days, rather than us designing our own lives. Taming the To-Do List addresses this significant change in how we manage our time and the issue of procrastination from a woman s point of view. It addresses the common household tasks many women put off, like doing housework and scheduling doctor s appointments, and moves on to the larger, more life-impacting delays of dreams and goals. Combining practical,...

### Reviews

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*Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).*

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