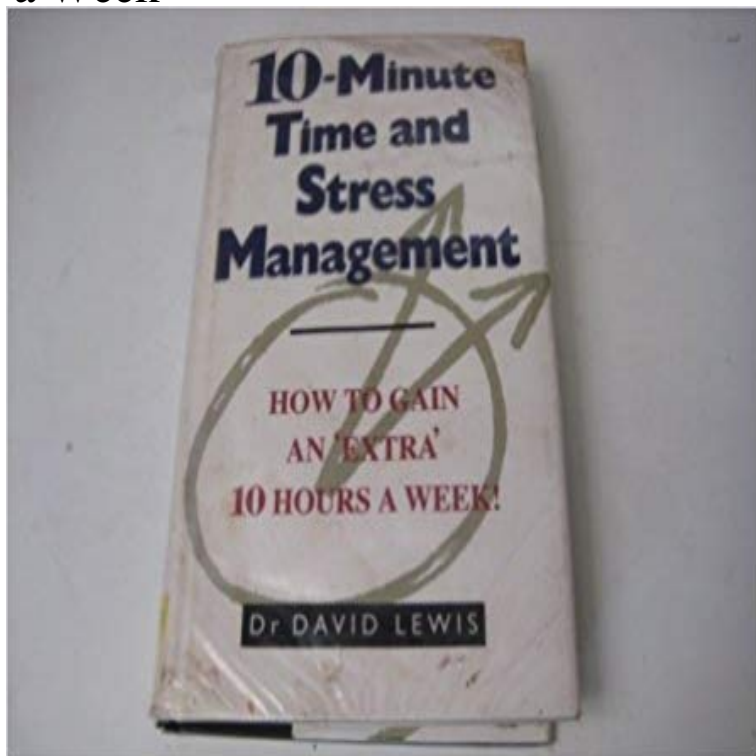


10-minute Time and Stress Management: How to Gain an Extra 10 Hours a Week



This book is aimed at all those who feel overwhelmed by workplace time pressures.

The plan can be put into place without making even more demands on an already hectic schedule.

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