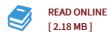




Listful Thinking: Using Lists to be More Productive, Successful and Less Stressed (Paperback)

By Paula Rizzo, Julie Morgenstern

Viva Editions, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. What do Madonna, Martha Stewart, John Lennon, Ellen DeGeneres, Ben Franklin, Ronald Reagan, Leonardo da Vinci, Thomas Edison, and Johnny Cash have in common? Each is (or was) a list maker. These successful people, along with CEOs and successful entrepreneurs, all use lists to keep track of their ideas, thoughts, and tasks. Finding enough hours in the day to get everything accomplished and allow for some downtime can be a struggle. It s no wonder so many of us are stressed, overextended, and exhausted. More than half of all American employees feel overwhelmed, according to a study by the nonprofit Family and Work Institute. For the 54 percent of us who feel like we re chasing our own tails, Listful Thinking is here to prove that it doesn t have to be that way. You can still find time to relax, read a good book, and do the things you love. Listful Thinking is the book that will give readers their lives back with indispensible tips on saving time, getting organized, improving productivity, saving money, and reducing stress.



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch