



18 Minutes

By Peter Bregman

Paperback. Book Condition: New. Not Signed; How often do you get to the end of another long and frantic day and wonder why so many important things didn't get finished? We've never worked so hard and felt so unproductive and unfulfilled. 18 MINUTES takes this challenge and turns it on its head. Peter Bregman, top HARVARD BUSINESS REVIEW columnist and global management consultant, shatters the myth of getting it all done by offering a clear and simple plan for getting the right things done. He shows how the best way to fight distracting interruptions is to create productive ones ourselves, a practice that can be easily implemented in 18 minutes a day. The result is a simple yet comprehensive approach to managing your life a year, a day, and a moment at a time so that your life moves forward the way you want and at the pace you want. book.

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