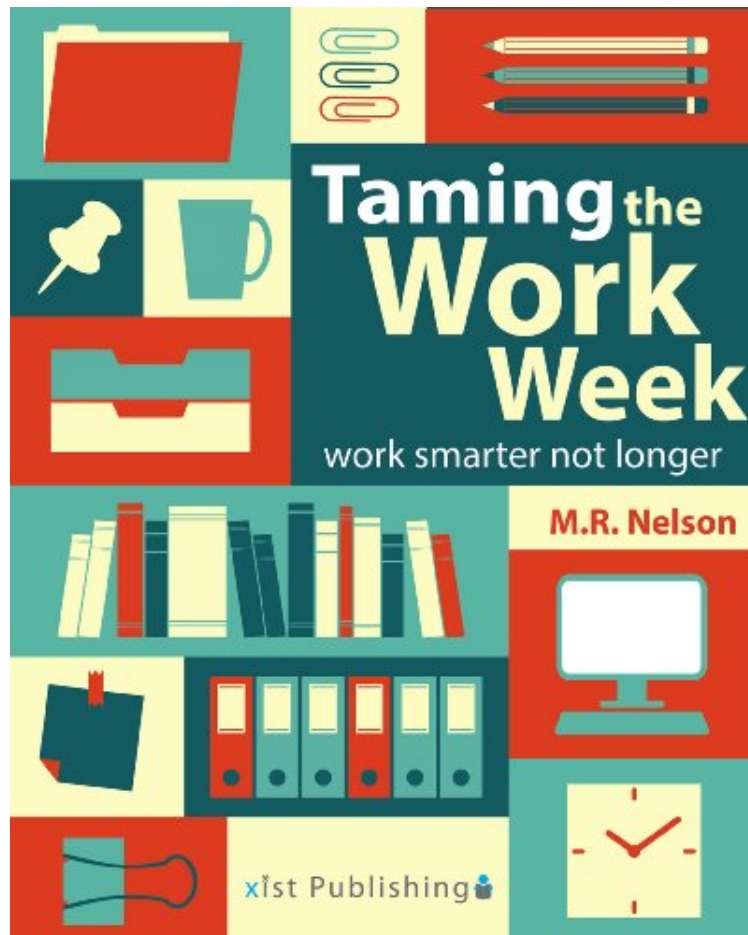


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Taming the Work Week: Work Smarter Not Longer

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M.R. Nelson : Taming the Work Week: Work Smarter Not Longer before purchasing it in order to gage whether or not it would be worth my time, and all praised Taming the Work Week: Work Smarter Not Longer:

4 of 4 people found the following review helpful. Quick Read w/ Good Reminders ConceptsBy Andrea C. MuellerI have a 2 pages of quotes I copied from this book - great reminders and concepts that may not be brand-new information, but that need to be pounded through our heads over and over again.For example:"...the amount of actual useful work I produce is not equivalent to the number of hours I spend working."I appreciate the sane point of view and actual testing (on the job) and experience that Nelson put into this book. This is not a theoretical essay or a list of untested tips; this is Nelson's real-world, real-life experience as someone who works in a high-demand job but has chosen to be sane about weekly hours worked.The point is that working MORE, ever-increasing hours does not result in more, ever-increasing productivity. Our bodies and minds need rest, and setting appropriate limits and tracking our work ability can help us to be more productive without working more hours.Good read and practical steps to take for your own career/work demands.0 of 0 people found the following review helpful. Best guide to working smarter and more efficientlyBy K GreenShort and sweet, this guide to taming the work week is full of useful suggestions, without

wasting time prattling about why you should read the book, like how so many self-help books are. I've read many other articles and books on productivity and working smarter, but this is really the only guide you need, and you can read it very quickly and begin applying it immediately. Nelson does not insist that one method will change your life, but offers tools and suggestions that you can apply in a way that makes sense for your life. 1 of 1 people found the following review helpful. Some good tips but not prescriptive. By ZMI completely agree with the author that everyone has a work-limit and that working longer may not mean achieving more. This isn't a 'do this and you'll be super-productive' book though. Instead, the author provides ideas to try that might work for you. For me, I love a list and I found M.R. Nelson had some really good tips about structuring to-do lists. Also, given I work limited and fixed hours, I found the ideas on how to stay productive in a motivational slump interesting. I'll be trying some of them out to see what works for me next time I hit one of those!

How many hours do you work each week? Now think about how many of those hours at the office are actually productive. Seasoned project manager, M.R. Nelson, shares tips and tricks for managing the work week in this short ebook. Focusing on key productivity tactics and the concept of a personal work limit, this book will help you maximize your working hours while still making time for the life you want and deserve. Find More Great Options for Kindle Kids Books! Xist Publishing Children's Books Choose from over 180 illustrated children's books!