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Stephanie Wachman

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Stephanie Wachman : Own Your time: Professional Time-Management Strategies for a Profitable and Balanced Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Own Your time: Professional Time-Management Strategies for a Profitable and Balanced Life:

In this book, author Stephanie Wachman, a Fortune 500 executive coach, provides business professionals with proven time-management strategies. *Own Your Time* provides practical, concise skills for business professionals to become more productive, reduce stress, increase profits and have a more balanced life. The book's chapters address ways to manage meetings, email, healthy sleep patterns, procrastination, perfectionism and internet distractions. Wachman identifies the most common productivity problems and then provides tested solutions in succinct chapters. Her book enable readers to quickly implement the solutions they need to improve their time-management skills. Wachman's book is the go-to guide for time management, a book designed to help business professionals worldwide be more productive every day.