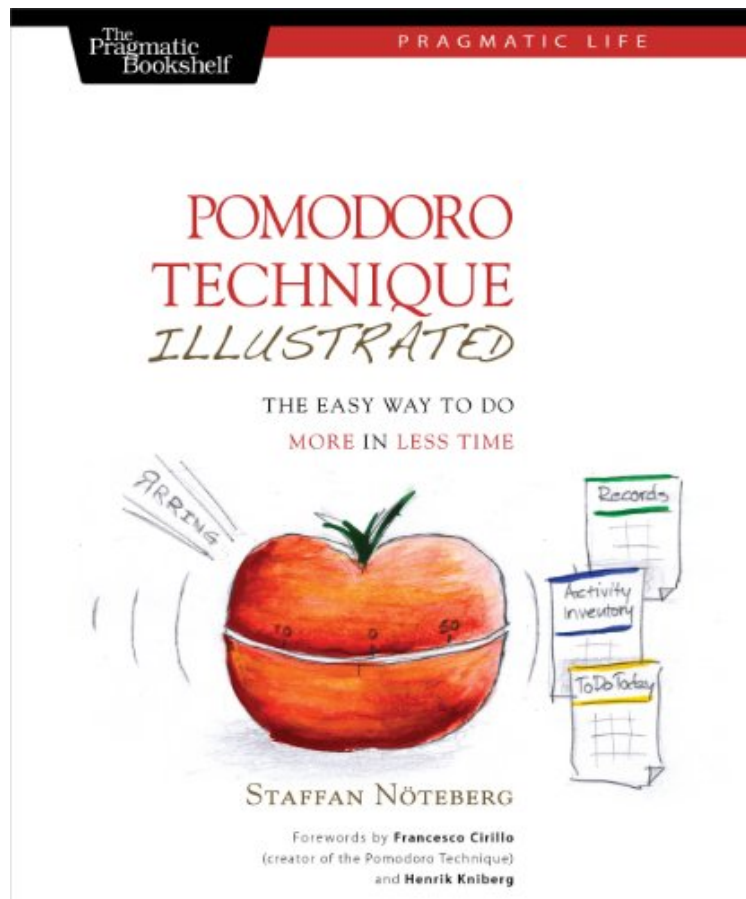


# Pomodoro Technique Illustrated: The Easy Way to Do More in Less Time (Pragmatic Life)

Staffan Noteberg

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**Staffan Noteberg : Pomodoro Technique Illustrated: The Easy Way to Do More in Less Time (Pragmatic Life)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Pomodoro Technique Illustrated: The Easy Way to Do More in Less Time (Pragmatic Life):

2 of 2 people found the following review helpful. Good content, could have been better and the pictures is hard to see on a Kindle PaperwhiteBy Carlstedt NiclasInteresting book, and content. The sections whas a bit short and could go more into specifics with some more examples. It should also contain some kind of summary chapter with some of the recommendations lined up. The tips-and-tricks sections was excellent, it's good to see what you can tweak to make a process suit you better. I read this on a Kindle Paperwhite and the pictures did not pop at all on the greyscale display. So the book should probably be alot cheaper for the kindle and have that as a comment so that people know that the "illustrated" part doesn't really apply on this media format.0 of 0 people found the following review helpful. Great Technique and Nice Amount of DetailBy manavm1990A great read. I had been applying the technique loosely, but this gives a lot more detail about the psychology and applications of this technique. It fit me nicely, as I work from

home on 'code' projects as the author does, I believe. 1 of 1 people found the following review helpful. A Simple Technique with Outstanding Results By Sheepish Reader 'n' Writer I love efficiency techniques that allow me to choose how much of them I wish to utilize or customize for my particular needs. The Pomodoro Technique is one of those. I'm using the technique every day and find my work more focused. As a result, I'm getting more quality work completed in a day. I highly recommend.

Printed in full color. Do you ever look at the clock and wonder where the day went? You spent all this time at work and didn't come close to getting everything done. Tomorrow try something new. Use the Pomodoro Technique to work in focused sprints throughout the day. In Pomodoro Technique Illustrated, Staffan N teberg shows you how to organize your work to accomplish more in less time. There's no need for expensive software or fancy planners. You can get started with nothing more than a piece of paper, a pencil, and a kitchen timer. You have so much you need to accomplish today. Your list is a mile long and you find yourself getting interrupted every other minute. You'd like to tell everyone to leave you alone, but most of the interruptions are coming from you! You think of a phone call you need to make or a web site you need to check and before you know it you're answering email, checking twitter, and finding a million other things to occupy your time. You need to focus---really focus. The Pomodoro Technique puts you back in charge of your day. You'll apply successful techniques from software engineering to identify what you should be doing today and to help you achieve your goals. Your mind won't wander when it is fully engaged in short bursts of focused activity. Learn to work less and accomplish more using nothing more than paper, pencil, and a simple kitchen timer. Set the timer and start on your next Pomodoro. When the bell rings take a break. This personal approach to timeboxing is at the core of the Pomodoro technique and this book is filled with advice on how get started and how to tailor it to your own needs.

"This is an easy read with a life-changing message to all of us who have 'too much to do and not enough time.' Since Staffan introduced me to the Pomodoro Technique, I have become a better person, both professionally and in my private life. This is a book I wish I had read years ago!"