

## The 30day Productivity Plan Break The 30 Bad Habits That Are Sabotaging Your Time Management One Day At A Time The 30day Productivity Boost Book 1

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Figure out a productivity time schedule that works best for you and plan breaks in between each bout of work. For me, the productivity sweet spot is 50 minutes of work with a 10 minute break. You may be able to work more or less depending on what works best for you.

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Bonus Material Included In The 30-Day Productivity Plan I've included an entire chapter devoted to helping you curb the behaviors that are destroying your time management efforts. You'll learn a simple, 10-part system for breaking these bad habits and replacing them with behavioral patterns that boost your productivity. Take Action Today!

### The 30-Day Productivity Plan: Break The 30 Bad Habits That ...

The 30-Day Productivity Boost will help you to break the bad habits that are hampering your time management efforts. Organized into 30 easy-to-read daily chapters, this action guide provides a simple blueprint for boosting your productivity.

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If so, you'll love The 30-Day Productivity Plan - VOLUME II. This how-to guide provides 30 quick-and-dirty action plans for overcoming 30 bad habits that are sabotaging your time management. Each habit is investigated to reveal its common triggers and explore how it cripples your productivity.

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The 30-Day Productivity Boost gives you the tools to make the most of your time. It gives you the steps along with a simple system for putting those steps into action. Here's a sample of what you'll learn in this fast-paced action guide: A simple formula for creating to-do lists that actually work

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