



## Boundless Energy: Discover How to Boost Energy Levels So You Can Get More Done, Feel Less Stressed and Live Life to the Max (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone is always talking about time management. There just aren t enough hours in the day for many of us and so the belief goes that if we could squeeze a little more productivity out of our time, we d be able to accomplish our dreams, earn more money, stay more organized and enjoy more time off. It all sounds great, except for one thing: the entire endeavor is completely misguided. Sounds harsh but in fact it s also completely true. Your problem is not with time. You have plenty of time. If you didn t have plenty of time, you probably wouldn t have been able to watch that entire boxset of Criminal Minds Season 10 would you? And you likely wouldn t have spent so long on YouTube. The problem isn t time - it s energy. Your energy, just like your time, is finite. Only it actually exists in somewhat smaller quantities meaning that it s all too easy to run out and end up completely exhausted. And that s when we start to use our time...



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