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22/4/2015 · 168 Hours: You Have More Time Than You Think by Laura Vanderkam I first read 168 Hours almost exactly two years ago (apparently something about having a new baby makes me think a lot about time or lackthereof) and mentioned it briefly in this post about dream jobs .

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27/1/2020 · I read this book about a year ago and actually found it had such useful perspective to me, I listened to the audio book recently. Laura Vanderkam wrote 168 Hours: You Have More Time Than You Think along with several other time management books.. I really loved this book.

22/6/2010 · “You have more time than you think” is the tagline for 168 Hours. But, in fact, to truly embrace time-management, I need to absorb the opposite principle: I have less time than I think.

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To train for a marathon, we reduce sleep. There must be a better approach – and Laura Vanderkam has discovered one in 168 Hours: You Have More Time Than You Think (audiobook). After interviewing dozens of successful, happy individuals, she realized that they allocate their time differently than most of ...

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2/11/2018 · Thinking about time and how I handle it led me to read 168 Hours: You Have More Time Thank You Think by Laura Vanderkam. I liked this book a lot (and would probably reread it sometime in the future) because I felt like I could connect with so many of the ideas because it was written from a working parent's perspective.

27/1/2020 · I read this book about a year ago and actually found it had such useful perspective to me, I listened to the audio book recently.

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Laura Vanderkam wrote 168 Hours: You Have More Time Than You Think along with several other time management books.. I really loved this book.

“Ternyata, semua orang memiliki begitu banyak waktu untuk melakukan begitu banyak hal!” DATA BUKU Judul Buku: 168 Hours – You Have More Time Than You Think Jenis Buku: Umum Genre: Self Motivation Nama Penulis: Laura Vanderkam Penerbit: PORTFOLIO (Penguin Group) Bahasa: Inggris Cetakan Pertama: 2010 Tebal Buku: 262 halaman Dimensi Buku (PxL): 23.5 x 16 [...]

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