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"Manage Your Day-to-Day is an essential guidebook for navigating information overload and all the other complications and distractions of 21st century life. The lessons contained within are vital in helping us to find the time and space to successfully accomplish daily goals, while creating a safe space for creativity to flourish."

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Manage Your Day-to-Day • Jocelyn K. Gleib

Do you work at a breakneck pace all day, only to find that you haven't accomplished the most important things on your agenda by the time you leave the office? The world has changed and the way we work has to change, too. Manage Your Day-to-Day will give you a toolkit for tackling the challenges of a 24/7, always-on workplace. We'll show you how to build a rock-solid daily routine, field a constant barrage

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of messages, find focus amid chaos, and carve out the time you need to do the work ...

Manage Your Day-to-Day Audiobook | Jocelyn K. Gleib (Editor ...

Manage Your Day-to-Day isn't just another productivity book, it goes far beyond that, especially for creative people. I like how Jocelyn K. Gleib inserts snippets of experts from the creative community, covering a wide range of related topics such as self-control, emotions, mindfulness, and grits that most people overlooked.

Book Summary: Manage Your Day-to-Day by Jocelyn K. Gleib

Do you work at a breakneck pace all day, only to find that you haven't accomplished the most important things on your agenda by the time you leave the office? The world has changed and the way we work has to change, too. Manage Your Day-to-Day will give you a toolkit for tackling the challenges of a 24/7, always-on workplace. We'll show you how to build a rock-solid daily routine, field a constant barrage of messages, find focus amid chaos, and carve out the time you need to do the work ...

Manage Your Day-to-Day: Build Your Routine, Find Your ...

Manage Your Day-to-Day will show you how to: Stop letting other people (and incoming messages!) dictate your daily to-do list. Fend off constant interruption and carve out a sacred space for "getting into the zone". Conquer information overload and break your addiction to obsessively checking your phone or email.

Manage Your Day-to-Day - Adobe 99U

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Manage Your Day to Day was put together by 99U, an institution focused on telling the stories of creative individuals and leaders that are shaping industries and changing careers. With contributions from over 20 creative individuals you just know this book is full of great advice.

Manage Your Day to Day | PDF Book Summary | By 99U

There is nothing earth shatteringly new in Manage Your Day-to-Day: Build Your Routine, Find Your Focus, and Sharpen Your Creative Mind but it is a great read. A collection of short essays from twenty leading creative minds, it will remind you of all the things you've read over the years about good creative practice and it will give you the reasons behind why you should make the changes you know you need to make.

Amazon.com: Manage Your Day-to-Day: Build Your Routine ...

Manage Your Day-To-Day is a collection of ideas, wisdom and tips from well-known creative people. It offers readers valuable insights on how to develop effective work routines, stay focused and unleash their creativity. Key idea 1 of 9 Develop a daily routine that matches your body's rhythm. ...

Manage Your Day-To-Day by 99U and Jocelyn K. Glei

"Manage Your Day-to-Day" by Jocelyn Glei, with contributions from various creative minds, is a good read for anyone wanting to improve their creativity and seeking more control over their lives. Amazing book and can really improve your life if you work hard at following the advice.

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Manage Your Day-to-Day will give you a toolkit for tackling the challenges of a 24/7, always-on workplace. We'll show you how to build a rock-solid daily routine, field a constant

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barrage of messages, find focus amid chaos, and carve out the time you need to do the work that matters.

Manage Your Day-to-Day by Jocelyn K. Gleib (Editor ...

Manage Your Day to Day is full of informative step-by-step processes which are easy to follow and will leave you with greater knowledge and a better understanding on the subject. Inside you can expect to find: The essentials to managing your daily life; How to take control of your daily routines; How to build a routine that will make you more ...

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Over half of Americans expect Election Day to be the most stressful day of their lives thus far, according to new research. According to a recent survey that asked 2,000 U.S. adults to evaluate their current mental health, 55% believe that November 3, 2020 will be the tensest day yet this year. In addition, 59% say they can't imagine being more stressed than they've been this year, and 67% ...

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