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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

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able to work more or less  
depending on what works best  
for you.

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make the most of your time.

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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

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