



Maneja Tu Tiempo Efectivamente: Estrategias Comprobadas Para Gestionar Tu Tiempo y Alcanzar Tus Metas Personales (Spanish Edition)

Ricardo Rodríguez Sánchez

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“El tiempo vuela” Es una expresión muy común en nuestros días. Es más, es una

de las mejores frases para describir el tiempo en que vivimos actualmente.

Ella nos recuerda muy frecuentemente las urgencias con que debemos realizar

nuestras tareas, los rápidos cambios de nuestro entorno, las nuevas carreras en

el trabajo...

Imagínate a ti mismo cada mañana, todavía somnoliento y cuando tienes tan solo

5 horas de sueño de la noche anterior y ya te encuentras con un día que parece

ser un poco difícil de ser pasado y cumplido.

Cuentas atrasadas por pagar, informes que deben ser entregados antes del

mediodía, llamadas de trabajo por realizar, la construcción y compra de la larga

lista de elementos que necesitas del supermercado, una reunión de amigos el fin

de semana (de la cual estás encargado), reuniones de trabajo interminables,

tareas, tareas y más tareas...

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