



Zeitmanagement: Was bringt es wirklich? (German Edition)

Sigrid Steiner

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Wenn Sie sich ständig auf der Überholspur wieder finden, es Ihnen schwer fällt den Tag gut einzuteilen, wenn sich bei Ihnen abends, trotz eines ausgefüllten oder besser "überfüllten" Tages kein Zufriedenheitsgefühl einstellen will, kurz und gut wenn Sie ständig nur noch Zeit verschwenden um nach Zeit zu suchen, dann sollten Sie dringend genauer hinschauen warum das so ist. Mit etwas Selbstmanagement gelangen Sie rasch zu mehr Lebensqualität und Sie werden staunen wieviel Zeit dann noch übrig bleibt für die wirklich wichtigen Dinge in Ihrem Leben.

Ich tue alles ganz langsam, ruhig und gelassen

konzentriert und fokussiert,

eines nach dem anderen,

in genau der Zeit,

die es braucht!

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