



The Perfect 15-minute Day : Managing Your Time, Thoughts, and Emotions

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Your life is a reflection of the next 15 minutes - if you don't know how to manage the next 15 minutes, you don't know how to manage your life! Today's business professionals struggle with too many e-mails, too much social media, too many competing and changing priorities, and too many interruptions. As a result we are increasingly scattered and stressed. Worse, we are led to believe that we need to speed up to keep up. The Perfect 15-Minute Day Method (PDM) helps us gain clarity and focus in our busy lives simply by taking each day 15 minutes at a time. With just a journal and a timer, the Perfect 15-Minute Day Method gives us a simple yet effective way to manage our focus, our thoughts and emotions, and achieve mindfulness at work.

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