



The 3 Secrets to Effective Time Investment: Achieve More Success with Less Stress

Elizabeth Grace Saunders

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Time management skills that work! A proven method for going from stressed and overwhelmed to peaceful and confident in three easy steps

The 3 Secrets to Effective Time Investment addresses the three key elements of effective time investment: priorities, expectations, and routines. Saunders helps you identify negative mental patterns that sabotage your attempts to change and teaches how to create new "rules" that align thoughts with desired results. Her method combines high-level introspection about where to focus with practical skills for making decisions, cultivating relationships, saying "no" at the right times, and investing in proper self-care.

Elizabeth Grace Saunders is the founder and CEO of Real Life E, a time coaching and training company that empowers overwhelmed individuals to feel peaceful, confident and accomplished through an exclusive Schedule Makeover process.

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