



# Extreme Time Management: Gain 30 More Hours Every Week In 3 Simple Steps

*Jimmy Sorustle*

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You have dishes piling up, paper work to fill out, meetings to attend, emails to reply, friends to hang out with and a dog that needs walking. You need more time and you need it now. This book shows you how to manage your time wisely – which can help you get rich, fit and well liked in the process.

Inside this guide, you'll learn:

- \* Gain an extra 30 hours per week by avoiding this 1 activity (you maybe doing it right now)
- \* How to only cook your meals once per week (bulk cooking, anyone?)
- \* How I "save" 40 hours per week in 3 simple steps (you can simply copy what I do, it's easy)
- \* Stress wearing you down? How to use selective ignorance to lower stress and anxiety
- \* How to get a six packs and burn fat in 30 minutes per week (no gym membership or fancy spandex pants required)
- \* Get rich advice from a billionaire (his advice will help you get out of debt and get rich)
- \* The 5 step process to accomplish anything you want in life (as taught by billionaire Ray Dalio)

It's time to reclaim your life and time. This book contains cutting edge information to grant you more time, a precious commodity that you cannot buy or borrow. Think of this guide as a map - just add "action" and you'll get there. I invite you to read this book - your new care free and relaxed lifestyle is just around the corner. I'll see you on the other side.

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