

Summary: 15 Secrets Successful People Know About Time Management: The Productivity Habits of 7 Billionaires, 13 Olympic Athletes, 29 Straight-A Students, and 239 Entrepreneurs by Kevin Kruse

Pages: 9

Format: pdf, epub

Language: English

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15 Secrets Successful People Know About Time Management: The Productivity Habits of 7 Billionaires, 13 Olympic Athletes, 29 Straight-A Students, and 239 Entrepreneurs

Kevin Kruse, New York Times bestselling author, presents the extraordinary results of his study of highly successful people. Based on survey research and interviews with billionaires, Olympic athletes, straight-A students, and over 200 entrepreneurs, Kruse answers the question: what are the secrets to extreme productivity?

This summary will teach you the following:

- You must treat your time as the most precious asset.
- How to avoid distractions in order to concentrate your energy on your goals.
- That relax and recreation help you to be more productive.

Who should read this summary:

- Students
- Freelancers
- People who feel they're constantly in a rush

Advantages of reading this summary:

- This summary has less than 2000 words.
 - You can read it in less than ten minutes.
 - You can understand the core ideas without the unnecessary wordiness.
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