

(Download free pdf) How to Invest Your Time Like Money

How to Invest Your Time Like Money

Elizabeth Grace Saunders

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Elizabeth Grace Saunders : How to Invest Your Time Like Money before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Invest Your Time Like Money:

8 of 8 people found the following review helpful. just like when you spend money you don't haveBy laroygreenThrowing money at a problem rarely fixes it and so too does throwing time at a project; eventually it will catch up to you as you build deficits in other important areas of your life, just like when you spend money you don't have. This book encourages you to accept that your time is finite and that you should budget and invest it properly on the most important and impactful things in your life. Easier said than done, but this book teaches you how to not only identify what is important, but also on how to identify (and fix) those habits and ways of thinking that compromise our

decisions on how we should be spending our time. That being said, there are several specific things about this book that I like a lot: - It is a small and easy read; gets right to the point and easy to revisit later. - It is actionable and practical. You can take this book and use it without guesswork; it says what you need to do in plain English. - It holistically addresses the problem from your reactions to stress to your daily routines and actions. Using this book you will realize that you are not lazy, stupid or unproductive (in my case) but rather you are just allocating your time poorly. - Lastly, it is grounded in reality and it paces you appropriately; you never feel overwhelmed by what you have to do.

3 of 3 people found the following review helpful. Outstanding book! Time investment is the new strategy and not trying to get everything done... By David R. Drake This is a very helpful and I dare say remarkable book. I am an avid follower of GTD and have functioned pretty well, but have had difficulty with gaining a sense of how much I could do. Deciding what next action to do "on the fly" has been difficult and over a course of day, leads to decision fatigue. Of course, everyone is different and there are those that thrive on the spontaneity of deciding what to do moment by moment. I am one of those that needs more structure and I have struggled with the best practices to do that. Elizabeth's first book too was outstanding, and this one is a great compliment and down to earth. In this day and age of constant input and seemingly conflicting priorities, one has to make a stand and focus on what is important. This book provides the tools to do just that. I have read so very many books on productivity and ways to get things done. As a professor of microbiology and infectious diseases at a major research university here in the USA, I have so much that lands in my lap. Elizabeth provides the clear and concise tools to be productive AND on the important things. I think we can put to rest finally the tired old term of "time management" and embrace what truly is important -- the concept of "time investment". From this senior professor... folks, I urge you to get this book and see for yourselves. This book is truly a gem!

0 of 0 people found the following review helpful. A Must Read By Hike Bike In a world of time management books that take up way too much time, this is the first one I have read that respects your time and delivers great advice. Many concepts in the book are not new, but the author's perspective and direct wording makes this a valuable resource. Like anything, the hard part is implementing the discipline to realize success... in this case, making yourself time-wealthy. The author is pragmatic and to the point. I immediately subscribed to her blog and have made this a summer must-read for my college aged kids. Read the "about the author" section at the end of the book first (Kindle version anyway). It gave me a great perspective on the book and helped me understand why she is so passionate about being time wealthy.

How to Invest Your Time Like Money is a concise, practical guide to get you out of time debt. Unlike others, who create the false hope that if only you worked harder, faster, longer, and smarter, you could do everything you want and make everyone happy, time coach Elizabeth Grace Saunders introduces a process to better manage your limited time so you can focus on what's important. Her method will help you avoid letting everyday pressures and demands get in the way. Using proven techniques and exercises based on the principles of personal finance, readers will learn to identify their time debt, create a balanced budget, build a base schedule, maximize their time ROI, and identify a process to get back on track and stay there.

ADVANCE PRAISE for How to Invest Your Time Like Money: Scott Gerber, founder, Young Entrepreneur Council; "Success comes from investing your time in the right opportunities at the right time. This book provides a practical guide to knowing what to do and when; so you stop wasting time and start living life." Laura Vanderkam, author, What the Most Successful People Do Before Breakfast; "Do you feel busy, yet underwhelmed by what you're getting done? Elizabeth Saunders's simple but profound guide to time management helps readers figure out what's realistic to accomplish in the 24 hours per day we have; and how to invest those hours so wisely that 24 hours is all we need." Greg McKeown, author, New York Times bestseller, Essentialism: The Disciplined Pursuit of Less; "Like the financial bubbles of the past, we are now in a busyness bubble. Being busy has become an overvalued asset, and we boast about how much we have to do with irrational exuberance. But it's a bogus badge of honor that leaves us in significant time debt. In this book, Saunders lays out a brilliant formula for how to pursue what is most essential." Cal Newport, author, So Good They Can't Ignore You; "A clear and concrete guide not just to organizing your present but to building your ideal future. Every college graduate should read this book before arriving at their first day of work." Ash Kumra, cofounder, DreamItAlive.com; "Empact 100 award-winning entrepreneur (2011); "Elizabeth's latest book is timeless. It helps you regardless of your stage of life, type of profession, and, most importantly, life purpose. Mastering productivity is essential for all these and more!" About the Author Elizabeth Grace Saunders an internationally recognized time coach and the founder and CEO of Real Life E, a time coaching and training company. She is the author of The 3 Secrets to Effective Time Investment: How to Achieve More Success with Less Stress.