

Decide Work Smarter Reduce Your Stress And Lead By Example

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Decide: Work Smarter, Reduce Your Stress, and Lead By Example is a book that provides a practical approach on how to focus on things that matter by identifying our motivation. We all make decisions every time, but the book presents a way to make better decisions by first understanding the value of time, and teaching practical ways to prioritize, plan, manage interruptions, and organize.

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Have your day planned so you can recover from each interruption. 2. Be aware of body language and when you should drop everything. Find out what the interruption is and then make a decision. 3. Don't use an interruption as a way to procrastinate your work. When you don't like what you are doing you can let anything become an interruption.

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