



Detox Your Desk: Declutter Your Life and Mind

Theo Theobald, Cary L. Cooper

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Why is there never enough time in the day to do all the stuff you want to?

Why does your in-tray just keep growing?

Is it alive?

Written for the time-starved and terminally untidy, Detox Your Desk is the perfect antidote to pressure cooker of the modern office. It's flat out but you still feel like you're not getting anything done. And no wonder. It's hard to do anything meaningful when you're swamped by piles of paperwork and endless 'to do' lists.

Detox Your Desk helps you fight back by purging your system office toxins, so you can take control of the everyday stuff and calmly field whatever lands in your in-tray.

It starts with the physical clearing out of all the rubbish that litters your life and then gives you practical tips to help free up your thinking. Detox Your Desk puts you on a ten-day programme that'll result in a tidy workspace and a clear head. All of the changes are easy. Stick with them over the long term and you'll change the way you work forever, giving you more time and a greater choice in every area of your life.

This is your big chance to get on top of your workload and start to enjoy work and life again. You'll soon be the most efficient and effective person you know!

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From reader reviews:

Tina Brookins:

The feeling that you get from Detox Your Desk: Declutter Your Life and Mind is a more deep you looking the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to know but Detox Your Desk: Declutter Your Life and Mind giving you enjoyment feeling of reading. The copy writer conveys their point in particular way that can be understood by simply anyone who read that because the author of this guide is well-known enough. This specific book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this Detox Your Desk: Declutter Your Life and Mind instantly.

Terry Carr:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Detox Your Desk: Declutter Your Life and Mind can be very good book to read. May be it can be best activity to you.

Katherine Wilcoxon:

Your reading sixth sense will not betray an individual, why because this Detox Your Desk: Declutter Your Life and Mind reserve written by well-known writer who really knows well how to make book which might be understand by anyone who else read the book. Written throughout good manner for you, leaking every ideas and composing skill only for eliminate your own hunger then you still uncertainty Detox Your Desk: Declutter Your Life and Mind as good book not only by the cover but also by content. This is one guide that can break don't assess book by its cover, so do you still needing another sixth sense to pick this!? Oh come on your reading sixth sense already alerted you so why you have to listening to yet another sixth sense.

Julie Harris:

What is your hobby? Have you heard in which question when you got students? We believe that that issue was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you also know that little person just like reading or as studying become their hobby. You must know that reading is very important and also book as to be the point. Book is important thing to provide you knowledge, except your current teacher or lecturer. You get good news or update in relation to something by book. Numerous books that can you go onto be your object. One of them are these claims Detox Your Desk: Declutter Your Life and Mind.

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