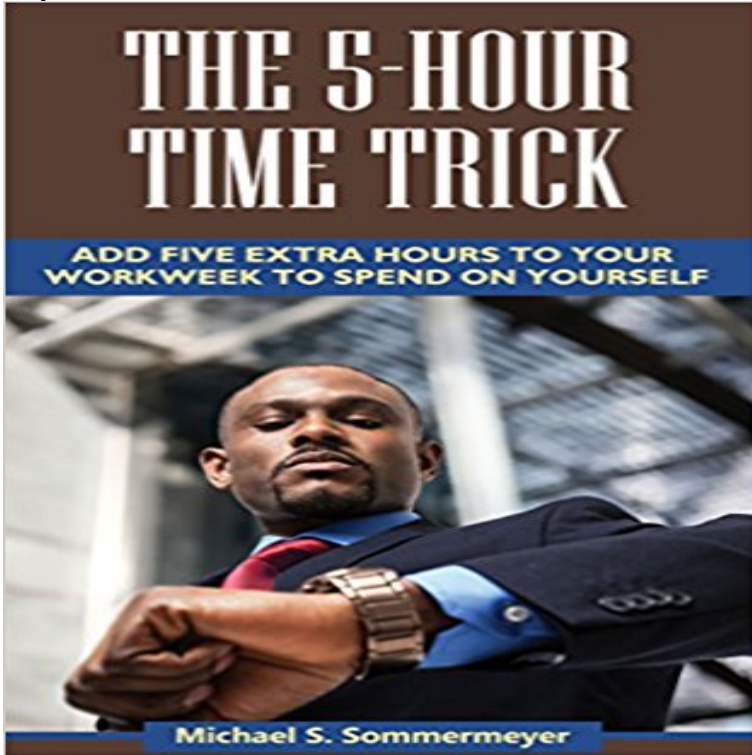


# The 5-Hour Time Trick: Add Five Extra Hours to Your Workweek to Spend on Yourself



What would you do with an extra hour a day? How about having an entire day to yourself? Most people would jump at the chance of spending a few hours on their hobbies or to improve a relationship. Top earners have learned how to work faster and smarter. This gives them an edge on their coworkers and lets them spend more enjoyable time with their families, with themselves, and on those things they enjoy.

In this book we will explore different strategies for carving out a few minutes for each task. After a while, these automations, time tricks, and simple strategies will become second nature and you will find at least five hours each week to spend on other tasks. But what will you spend the extra time on? We will review how to make time for your interests and what is needed to achieve a life balance. We'll also look at strategies for reducing stress, obtaining restful sleep, and how to let things go until the next day. In the THE 5-HOUR TIME TRICK you will learn many ways to free up time and become its master.

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