

Would you like to have more time for the things you love in life? Optimize Your Productivity presents a unique and counterintuitive approach to increase your productivity, so that you can have more time for the things you love, to help you regain control of your life. The idea is not simply to get more done, but to increase the rate, or efficiency, that we can get things done; this will give us more time to add in the things we want in our lives – time with family or friends, availability to pursue hobbies, leisure time, or increased capacity to pursue more work, if desired, for financial or preferential reasons. >>>The question is: how exactly can we increase the rate or efficiency that we can get things done? Read on to learn more. The unique aspect of Optimize Your Productivity is that it takes a different approach. Lisa Kardos, Ph.D., an engineer, Amazon bestselling author, speaker, and consultant, has authored another title in the spirit of applying engineering best practices as a logical approach to improve our lives. Through her work and writing, she helps individuals optimize their lives for success and productivity, adapting simple engineering principles to human dynamics. The key aspect of Optimize Your Productivity is that your specific person is considered. As you learn to optimize your productivity approach, your specific preferences, traits, and who you are – all important facts and attributes of the system we are optimizing – will be accounted for in the process. >>>Considering your person – your attributes – and working with your individuality is exactly what makes this book’s approach to productivity counterintuitive, instead of commanding you to follow a specific sequence to get things done. How The Book is Structured: Chapter 1 lays out the foundation of productivity optimization. The causal factors that impact productivity, and the corresponding action steps you can take, are then discussed in Chapters 2 through 8. Chapter 9 focuses on advanced productivity techniques, using the foundation that was set in Chapters 1 through 8. The book is structured as follows: 1. Where to Start 2. Driving Factor 3. Energy 4. Neuroscience Considerations 5. Anticipatory Thinking 6. Time and Efficiency Management 7. Goal Setting 8. Prioritization 9. Advanced Productivity Techniques 10. Productivity, Optimized Appendix A: Quickstart Guide Appendix B: App Guide Appendix C: List of Additional Resources There is a brief App guide in the Appendix. It’s important to note that the focus of the book is not –hack or –app based, however; the author helps you delve into the deeper issues and perform root-cause analysis. Once you understand the fundamentals of productivity, and factor in your personal attributes, you can design a system that works for you. >>>Next steps Optimize Your Productivity will not only help you get to the root of your productivity issues, but it will also provide an interesting and unique approach to the formidable subject, including a quickstart guide to aid you immediately. A productivity worksheet bundle is also provided to help you with your progress. If you know you could be more productive, or need some motivation to improve your productivity, click to sample or buy now!

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