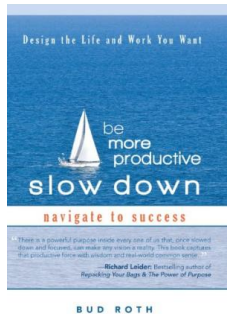


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BE MORE PRODUCTIVE-SLOW DOWN: DESIGN THE LIFE AND WORK YOU WANT



iUniverse.com. Hardcover. Book Condition: New. Hardcover. 192 pages. Dimensions: 9.2in x 6.2in x 1.0in. The daily pressures of our overcommitted lifestyles can throw us out of control as we deal with the stressful conditions of fear, rapid change, and home pressures. In *Be More Productive-Slow Down*, author Bud Roth suggests methods of reaction, as well as useful models and exercises, demonstrating how you can regain control of your life and reduce stress by slowing down. *Be More Productive-Slow Down* provides a...

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- Authored by Bud Roth
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