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# THE 7 MINUTE SOLUTION: CREATING A LIFE WITH MEANING 7 MINUTES AT A TIME (PAPERBACK)



SIMON SCHUSTER, United States, 2013. Paperback. Book Condition: New. 224 x 145 mm. Language: English . Brand New Book. POPULAR TIME MANAGEMENT SPEAKER AND AUTHOR ALLYSSON LEWIS writes: My life changed forever when I took seven minutes to write down my purpose. With The 7 Minute Solution, you too can become a different person tomorrow from the person you are today--more energetic, more resilient, and more positive. Learn time strategies to prioritize, organize, and simplify all aspects of your life...

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- Authored by Allyson Lewis
- Released at 2013



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