

The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time

Allyson Lewis

With *The 7 Minute Solution*, you can be a different person tomorrow from the person you are today—more energetic, more resilient, and more positive. A straightforward, inspirational process for getting from where you are to where you want to be, *The 7 Minute Solution* will help you in your relationships, personal life, career, and health. Allyson Lewis is a renowned time-management expert, productivity speaker, and financial adviser who has spent the last twenty-seven years developing and teaching concrete, actionable business ideas to executives all over the country. Now, in *The 7 Minute Solution*, she shares these winning techniques and explains how you can apply them to all aspects of life.

Lewis offers simple, effective strategies to help you prioritize, organize, and simplify your life for greater meaning and productivity. By breaking down big-picture goals into tiny, manageable, daily actions, you will find that you are able to achieve more than you ever have before. First, you will learn your “7 vital signs of living with meaning”—conscious awareness, motivation, growing and learning, engaging, persevering, living in flow, and living with faith. Then, you will bring each one into clear focus and balance with practical tools and techniques such as “5 before 11” (accomplishing five high-value tasks before 11:00 a.m. every day) and “7 Big-Life Questions,” which shows how to evaluate what’s most significant in the long term.

Applying proven, practical science, backed up with plenty of real-life human stories, *The 7 Minute Solution* tackles sometimes overwhelming challenges in manageable chunks. It is a process for creating an open mind-set so that you can respond to opportunities for learning and growing, engaging and giving; a book for businesspeople looking to increase their productivity and effectiveness as well as for anyone looking to deepen and grow personal relationships.

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The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time Summary Details

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This The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this e-book incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis without we recognize teach the one who studying it become critical in imagining and analyzing. Don't become worry The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis can bring whenever you are and not make your carrier space or bookshelves' become full because you can have it within your lovely laptop even telephone. This The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis having great arrangement in word as well as layout, so you will not sense uninterested in reading.

Editorial

The book The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis has a lot info on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. This articles author makes some research ahead of write this book. This book very easy to read you may get the point easily after looking over this book. The book The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis can give more knowledge and information about everything you want. So just why must we leave the good thing like a book The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis? Some of you have a different opinion about book. But one aim that will book can give many details for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, it is possible to give for each other; you could share all of these. Book The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis has simple shape nevertheless, you know: it has great and large function for you. You can seem the enormous world by available and read a book. So it is very wonderful. The 7 Minute Solution: Creating a Life with Meaning 7 Minutes at a Time by Allyson Lewis

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