



**The 3 Secrets to Effective Time Investment:  
Achieve More Success with Less Stress: Foreword  
by Cal Newport, author of So Good They Can't  
Ignore You**

*Elizabeth Grace Saunders*

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# **The 3 Secrets to Effective Time Investment: Achieve More Success with Less Stress: Foreword by Cal Newport, author of So Good They Can't Ignore You**

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**Time management skills that work! Reboot your entire life in three simple steps**

**Quick Reference Guide included with over 30 online tools and 40 done-for-you routines**

Is it possible to keep up on life, let alone enjoy it, when you're overloaded and overwhelmed--with work, with errands, with emails and texts, and with relationship responsibilities? You get things done, but do you get them done well? Do you have enough time for other people--and for yourself?

*The 3 Secrets to Effective Time Investment* takes you beyond simple time management to provide you with the skills and outlook you need to completely revamp the quality of your life. You'll learn how to reorient your mindset and use simple routines to accomplish more than you ever dreamed possible.

Packed with tips and advice about how to overcome crippling emotions like guilt, let go of the compulsion to be perfect, and overcome the most common obstacles to a life well managed, this powerful, holistic, total-life guide is founded on three powerful principles:

## **Secret #1: Clarify Action-Based Priorities**

Determine what's most important to you and define exactly what you will do to invest in those priorities

## **Secret #2: Set Realistic Expectations**

Shift expectations of yourself and others from the realm of the ideal to the realm of the possible

## **Secret #3: Strengthen Simple Routines**

Develop healthy habits so the flow of your life moves effortlessly toward your highest goals

A renowned authority in her field, Elizabeth Grace Saunders illustrates exactly how her methods work through case studies of time-coaching clients, and she provides a quick-reference guide of real-life example routines on everything from exercising regularly to moving forward on a dreaded project.

*The 3 Secrets to Effective Time Investment* does more than help you make the best of the time you have. It gives you the tools, insight, and guidance you need to overhaul your entire life.

## **Praise for *The 3 Secrets to Effective Time Investment*:**

*"You don't just need to manage your time, you need to invest it. This book offers key insights on what it means to live life well by getting things done and enjoying the ride." -- Marshall Goldsmith, New York Times bestselling author of MOJO and What Got You Here Won't Get You There*

*"If you lack grit--which most of us do--read this book. Elizabeth's practical insights on how to strengthen good time investment habits can help you develop the focus, discipline, and tenacity you need to achieve*

success." -- Heidi Grant Halvorson, PhD, author of **Succeed** and **Nine Things Successful People Do Differently**

"I love the main thesis of this book--that time management is less about managing your time and more about managing your emotions. That alone is a good reason to read this book." -- Peter Bregman, CEO of Bregman Partners, Inc., and author of **18 Minutes**

"From the very phrase 'time investment,' you know this book is something special. Direct and powerful and easy to implement, Elizabeth has a key ingredient to your success right here." -- Chris Brogan, CEO of Human Business Works and New York Times bestselling coauthor of **The Impact Equation**

"If you are going to go from ordinary to extraordinary success, you need to invest your time in your top priorities. Elizabeth teaches you how to do just that." --Scott Gerber, founder of the Young Entrepreneur Council

"This book can help you move past your blocks, invest your time wisely, and ultimately transform your life in the process." --Jenny Blake, author of **Life After College: The Complete Guide to Getting What You Want**

"This book is magical." --Ash Kumra, cofounder of DreamItAlive.com; author of Confessions from an Entrepreneur series; and public speaker

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**From reader reviews:**

**Scott Frew:**

In this 21st millennium, people become competitive in every single way. By being competitive today, people have to do something to make these people survive, being in the middle of the crowded place and notice by simply surrounding. One thing that often many people have underestimated it for a while is reading. Yeah, by reading a book your ability to survive enhance then having chance to endure than other is high. In your case who want to start reading the book, we give you this particular The 3 Secrets to Effective Time Investment: Achieve More Success with Less Stress: Foreword by Cal Newport, author of So Good They Can't Ignore You book as basic and daily reading e-book. Why, because this book is usually more than just a book.

**Doyle Swoope:**

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**Nancy Brown:**

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**Danica Johnson:**

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