



# **Summary : Time Management from the Inside Out - Julie Morgenstern: The Foolproof System for Taking Control of Your Schedule - and Your Life**

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**Complete summary of Julie Morgenstern's book: "Time Management from the Inside Out: The Foolproof System for Taking Control of Your Schedule - and Your Life".**

This summary of the ideas from Julie Morgenstern's book "Time Management from the Inside Out" shows that a robust, professional quality time management system is actually an ongoing feedback loop consisting of four steps: learn, analyze, strategize and attack. In her book, the author explains that the objective of time management from the inside out is to design a scheduling system that fits your needs like a glove. The real measure of success in time management isn't how much you achieve – it's how you feel about how you're spending your time. This summary will help you to achieve the right balance and become more productive.

#### **Added-value of this summary:**

- Save time
- Understand key concepts
- Expand your knowledge

**To learn more, read "Time Management from the Inside Out" and discover the key to excellent time management.**

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