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Figure out a productivity time schedule that works best for you and plan breaks in between each bout of work. For me, the productivity sweet spot is 50 minutes of work with a 10 minute break. You may be able to work more or less depending on what works best for you.

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The 30-Day Productivity Boost will help you to break the bad habits that are hampering your time management efforts. Organized into 30 easy-to-read daily chapters, this action guide provides a simple blueprint for boosting your productivity.

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down , turn it off for ...

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