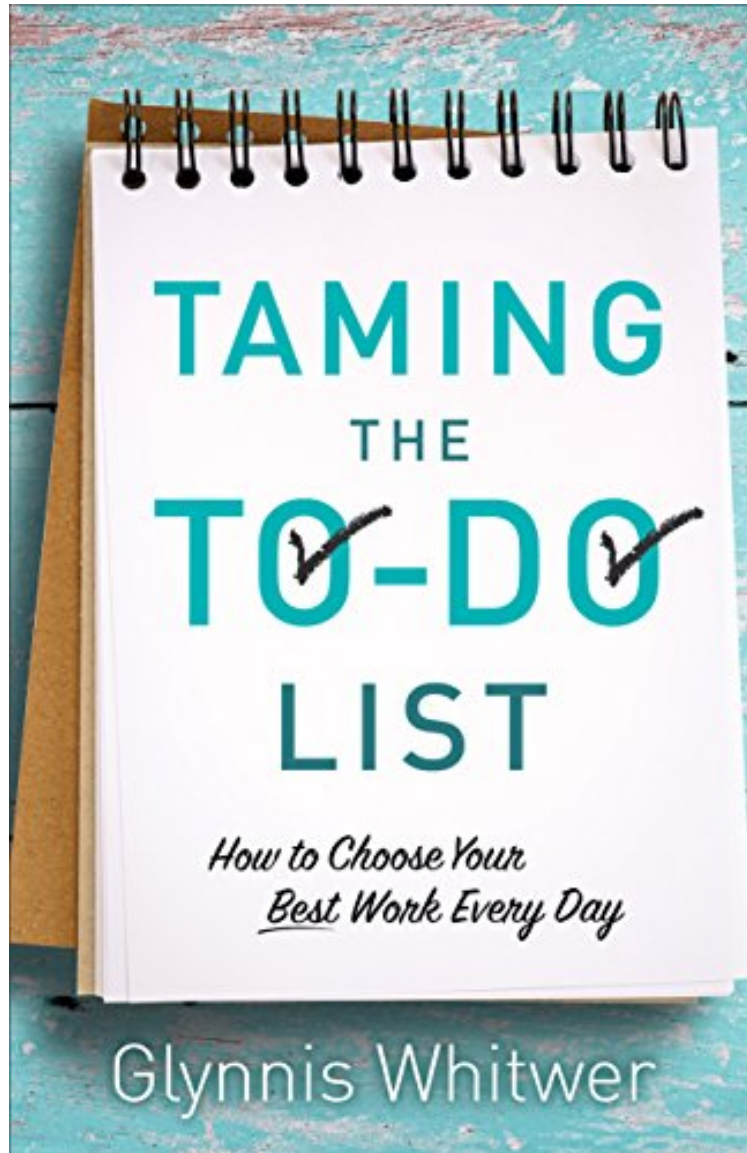


(Free read ebook) Taming the To-Do List: How to Choose Your Best Work Every Day

Taming the To-Do List: How to Choose Your Best Work Every Day

Glynnis Whitwer

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Glynnis Whitwer : Taming the To-Do List: How to Choose Your Best Work Every Day before purchasing it in order to gauge whether or not it would be worth my time, and all praised Taming the To-Do List: How to Choose Your Best Work Every Day:

1 of 1 people found the following review helpful. A great start to teaching me to "Tame" My To do List By Tracy Butterfield Glynnis Whitwer's Taming the To-Do List is an amazing book!!! I find myself inundated with so much to do and torn between my varying roles as a wife, a mother, a supervisor, a Christian... so many hats to wear and so many expectations. This book helped me to slow down and put it into perspective. I was part of a group that reviewed

this book with other women and we were all moved by this book and the messages on how to tame our to do list and regain some sanity! I would highly recommend this to any one that finds themselves struggling with how to get things done! 1 of 1 people found the following review helpful. WoWBy AnonymousI was described to the "T" in this book. What a great read and it is so very easy to put what you read into action! I will probably read this book once a year to keep me on track of meeting my goals and stop my tendencies to procrastinate. Best "Aha moment" for me was when she talked about not feeling motivated....you may never feel motivated to do a task you are procrastinating on until you START doing the task. Changed the way I viewed my to do list completely. 1 of 1 people found the following review helpful. Here is a good resource if you are spinning your wheels in regard ...By Online shopperHere is a good resource if you are spinning your wheels in regard to a plan or project or wanting to make the next right step. For the "get r done" people, you probably don't need this, but for those who wish we could "get r done" and need help devising a plan, finding ways to bust the myths of busyness and the hounding trait of procrastination this book is for you. Faith based and research based, it helped me connect to the materials on many levels. It also spoke to me in spite of my adhd traits actually more in tune with some of my adhd traits. The author keeps it real by including her own struggles with the to do list and overwhelm. It is a keeper!

No matter how hard women work or how much they accomplish in a day, there's lingering anxiety and guilt over what they didn't do. We just wish the world would stop for a day so we could catch up. Glynnis Whitwer has identified what makes us feel so overburdened--and it's probably not what you think. Taming the To-Do List exposes a seismic shift in our society: from one in which most of us were proactive toward one where we now carry the burden of having to respond--to every email, text, tweet, and message we receive. This major shift creates a cycle where everyone else sets the priorities for our days, rather than us designing our own lives. Taming the To-Do List addresses this significant change in how we manage our time and the issue of procrastination from a woman's point of view. It addresses the common household tasks many women put off, like doing housework and scheduling doctor's appointments, and moves on to the larger, more life-impacting delays of dreams and goals. Combining practical, easy-to-apply advice with solid research and biblical truth, this book is a compassionate yet challenging message of hope for those struggling to choose their best work over busy work.

"Refreshingly real and extremely practical. A must-read." ---Ruth Schwenk, author of From Grouchy to Great From the Back Cover Ever just wish the world would stop for a day so you could catch up? No matter how much we accomplish in a day, we nearly always feel a little guilt over what we didn't do. But do we really have more to do than the women who came before us? Maybe not. In Taming the To-Do List, Glynnis Whitwer exposes a seismic shift in society: from one in which most of us were proactive to one in which we carry the burden of having to respond--to every email, text, tweet, and message we receive. This creates a cycle where everyone else sets the priorities for our days rather than us directing our own lives. The result? We procrastinate, putting off the important stuff for later while we tend to the "urgent" stuff right now. It's time to take back your schedule! Ready to tame that to-do list? This book shows you how. "Wow! I never knew how much procrastination costs us and how rich the rewards can be when we overcome it. My friend Glynnis nailed it!"--Lysa TerKeurst, New York Times bestselling author of The Best Yes and president of Proverbs 31 Ministries; Glynnis Whitwer will empower you to take that stress-inducing task list from 'to-do' to 'Hey look! It's done!'--Karen Ehman, Proverbs 31 national speaker and New York Times bestselling author of Keep It Shut; "Refreshingly real and extremely practical. A must-read!"--Ruth Schwenk, author, speaker, and creator of The Better Mom.com; "Live the life that you truly love rather than your life living you. Glynnis Whitwer shows you how in her book Taming the To-Do List!"--Tamara Lowe, New York Times bestselling author and founder of ChristianExperts.com Glynnis Whitwer, executive director of communications for Proverbs 31 Ministries, is a regular contributor to Encouragement for Today, the Proverbs 31 email devotional. She is the author of I Used to Be So Organized, When Your Child Hurts, and work@home: A Practical Guide for Women Who Want to Work from Home, and the coauthor of Everyday Confetti. Glynnis, her husband, Tod, and their five young adult children live in Arizona. She blogs regularly at www.glynniswhitwer.com. About the Author Glynnis Whitwer, executive director of communications for Proverbs 31 Ministries, is a regular contributor to Encouragement for Today, the Proverbs 31 email devotional, reaching over a million women each day. She is the author of I Used to Be So Organized, When Your Child Hurts, and work@home: A Practical Guide for Women Who Want to Work from Home, and the coauthor of Everyday Confetti. Glynnis, her husband, Tod, and their five children live in Arizona. She blogs regularly at www.glynniswhitwer.com.