



## I Know How She Does it: How Successful Women Make the Most of Their Time

By Laura Vanderkam

Penguin Books Ltd. Paperback. Condition: new. BRAND NEW, I Know How She Does it: How Successful Women Make the Most of Their Time, Laura Vanderkam, "The most positive take on work and family I've read in a long time." (New York Times). Do you struggle to balance the demands of a successful career with quality time with family and friends, your hobbies, and even a decent night's sleep? In I Know How She Does It, time management expert and best-selling author of What the Most Successful People Do Before Breakfast Laura Vanderkam reveals the surprising strategies you can use to spend more time on the things you enjoy. By following her advice, you will be able to work less, sleep more, enjoy date nights, go to the gym and socialise. Based on hour-by-hour time logs from 1,001 days in the lives of real women, Vanderkam proves that you don't have to give up on the things you really want. I Know How She Does It offers specific strategies proven to help you build a life that works, one hour at a time.



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