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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Rebecca Gutwein (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are the CEO of a company, student entering college, small business owner, empty-nester, or homemaker, you will find value in these pages. The guiding principle in this book is very simple to follow. Some of the ideas will resonate with you, but more importantly, they will prompt you to think about your schedule, spaces, and what you value. This book could be the inspiration you need to establish a simple, yet life changing habit that will give you more time to do what you really enjoy. Lynn Reding brings her years of experience as a professional organizer to you as she offers her insight into ways you can more easily manage your time and spaces. Follow the simple principles in "2 Minutes Or Less"; and you WILL reduce stress. Many of her clients say that this approach has changed their lives by helping them get their smallest tasks done immediately and painlessly. Simplify your life when you learn to: Make the most out of even a few seconds Use simple technology to your advantage Apply Lynns "clean as you go" principle The rewards can be immediate, transforming, and permanent.

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