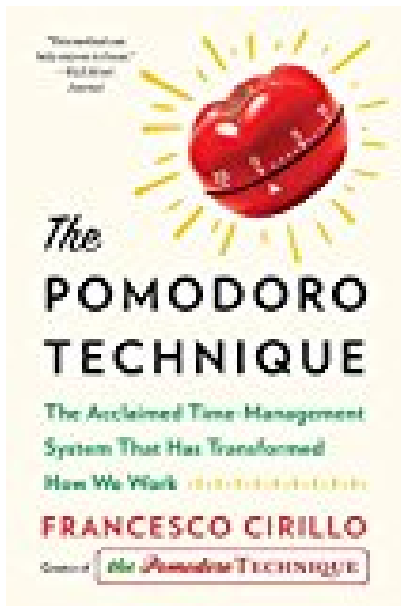


# The Pomodoro Technique The Acclaimed Time Management System That Has Transformed How We Work

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## BOOK DETAILS

- Author : Francesco Cirillo
- Pages : 144 Pages
- Publisher : Crown Business
- Language : English
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## **BOOK SYNOPSIS**

Vintage Limited Edition version of The Pomodoro Technique - the time management method successfully being used by thousands of people around the world. The Pomodoro Technique transforms time into a valuable ally. You'll be amazed to see how your everyday work improves, how much more you can get accomplished, and how you can avoid anxiety by using a few simple rules. Why is The Pomodoro Technique so popular? Because it is easy to use, and most of all, because it works!

### **THE POMODORO TECHNIQUE THE ACCLAIMED TIME MANAGEMENT SYSTEM THAT HAS TRANSFORMED HOW WE WORK**

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