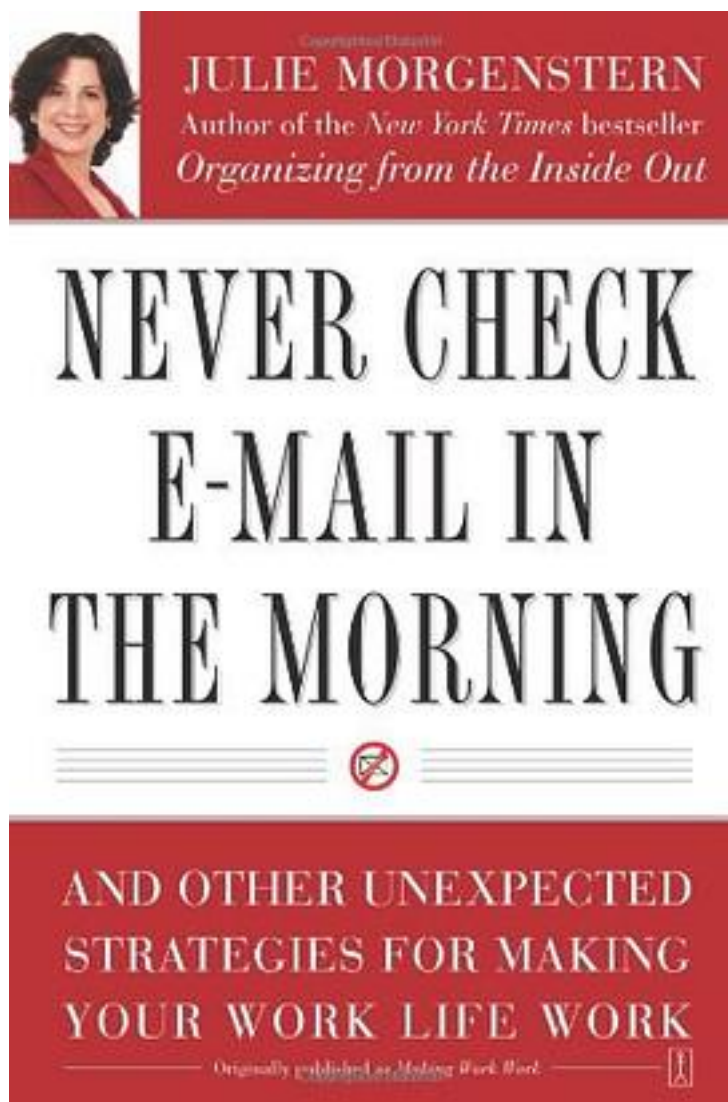


# Never Check E-Mail In the Morning



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著者:Julie Morgenstern

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Named one of the five best business books by Cathie Black, president of Hearst Magazines, in "The Wall Street Journal" "The New York Times" bestselling author, Oprah's favorite organizing expert, and America's number one problem solver presents a revolutionary book. It will help readers achieve the seemingly impossible: boost value and job security without sacrificing personal life. Morgenstern teaches innovative "grab and go" solutions that can be processed in as few as fifteen minutes to dramatically improve performance and efficiency, including: Beware of multitasking. Scattering your efforts makes for a longer day. Dance near the revenue line. Making or saving money is where your greatest value lies. Crunch your container. Shorten your workday by thirty minutes and you will get more done. Trust your truth. Never undervalue your unique self, skills, and point of view. If you've ever wondered, "Is it me or is it them"? Julie Morgenstern's practical "inside out" approach will help you diagnose the source of each workplace problem and solve it quickly.

作者介绍:

目录:

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## 标签

时间管理

英文

效率

time

## 评论

职场时间管理tips有些还不错，但因为英文超级简单，对职场人士来说是比较好的英语泛读资料+还算有干货和营养的东西。总之读完以后不会觉得浪费时间，因为不是学到点什么，就是英语的自信心有提高

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书评

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