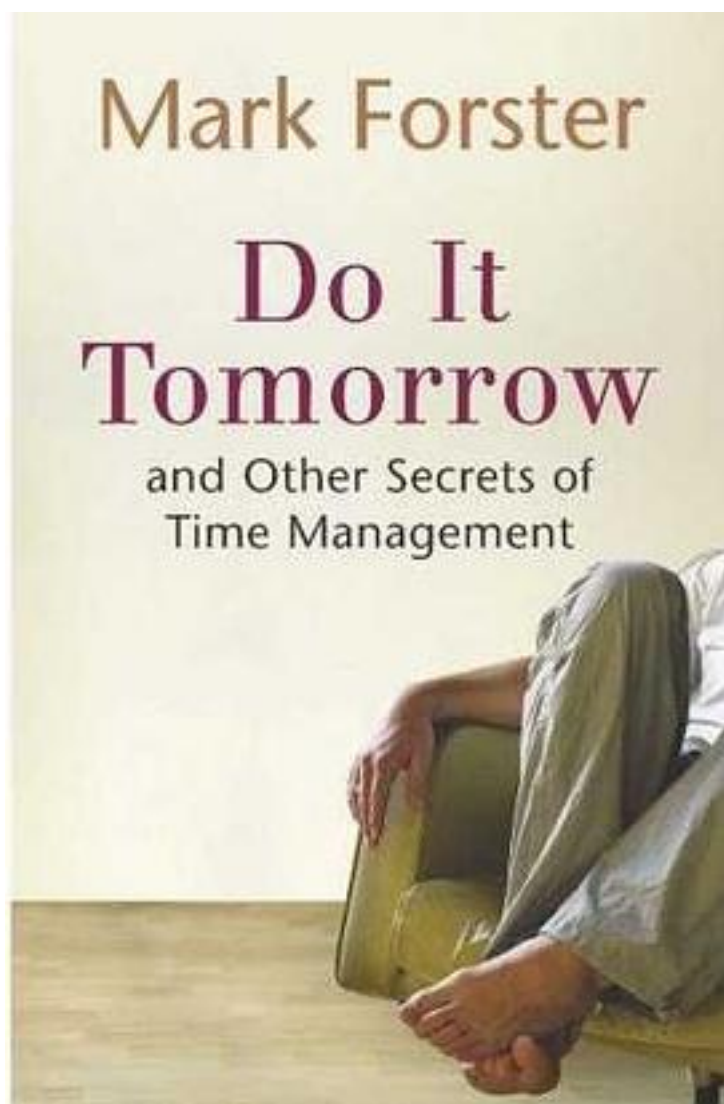


# Do It Tomorrow and Other Secrets of Time Management



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Mark Forster's book "Get Everything Done and Still Have Time to Play" took an entirely new approach to time management. One of his most important points was that once we have taken on a commitment, prioritising does not work because we need to do everything relating to that commitment. In the six years since he wrote the book as he has reached thousands of people through writing, seminars and coaching, he has continued to develop and refine his methods . He has now perfected even more effective methods of getting everything done through the introduction of some radical new ideas, including closed lists, the manyana principle and the "will do" list. He is brilliant at helping people to use new forms of communication effectively so that they do not become a tyrant. The result is a complete system which will enable almost anyone to complete one day's work in one day.

作者介绍:

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标签

时间管理

GTD

management

管理

时间

【phys.】

lifehack

## 评论

为学日益，为道日损。本书注重方法执行，核心观点是限制，即限制时间、限制清单，本质上是要求专注，专注于当下、专注于有限的事件。前半部分很精彩，后面就有些啰嗦了。理念本身五颗星，能够很好的与《Path of Least Resistance》中的内容配合，目标和现实的差距作为动力、构建选择器系统，再加上本书的专注当下。整体评价4星，推荐阅读。

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建议很实用：不要总是只关注最重要最紧急而是把每日必做的搞定，再顺便做好第二天的计划。把相似的任务归类在一起集中做完，而不是时不时被一件小事打断。还要建立高效的系统和工具一劳永逸。

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不知道是读的太仓促还是其他什么，未觉得从中获益多少，或许是因为现在的职业并不适合这种时间管理方式吧。。。也许下一次品读能读出新的感悟？。。。但愿吧。。。

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## 书评

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