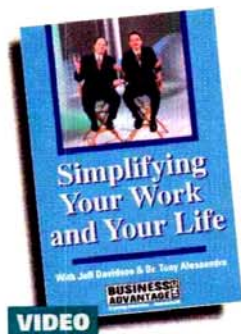


Training Videos, Audios & Books for Busy Professionals



Simplifying Your Work and Your Life

NEW!

Scale down your life for a change.

With Jeff Davidson and Dr. Tony Alessandra

Know the joke, "Somebody stop the world and let me off"? If your life is more complicated than you ever wanted it to be, you can change it!

For supervisors, employees, and anyone who wants to regain charge of his or her life, this self-effacing video will help you trim life's excess, feel confident in your choices, and help you say "no" to other people's (even those above you) projects when you are truly being pulled from all sides.

Presenters **Jeff Davidson** and **Dr. Tony Alessandra** reveal strategies for minimizing your life at work, including implementing your own four-phase system for managing interruptions as well as tips for coping easier at home.

You'll Learn How To:

- Bring your life into balance through goal setting
- Zap out-of-control stressors
- Organize your desk and your filing system
- Overcome ingrained habits

Price	Length	Order Code
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