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Who cannot relate to being "overstretched, overbooked, and about to snap?" As with his other books, Dr.

Hallowell presents not only the problem (overcommitted, speeded-up lifestyles), but some practical solutions as well. I rolled my eyes along with the anecdotes he presents, completely identifying with his subjects.

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helpful book for all busy people. the
author has been treating people with
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definitely gives helpful hints for those
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