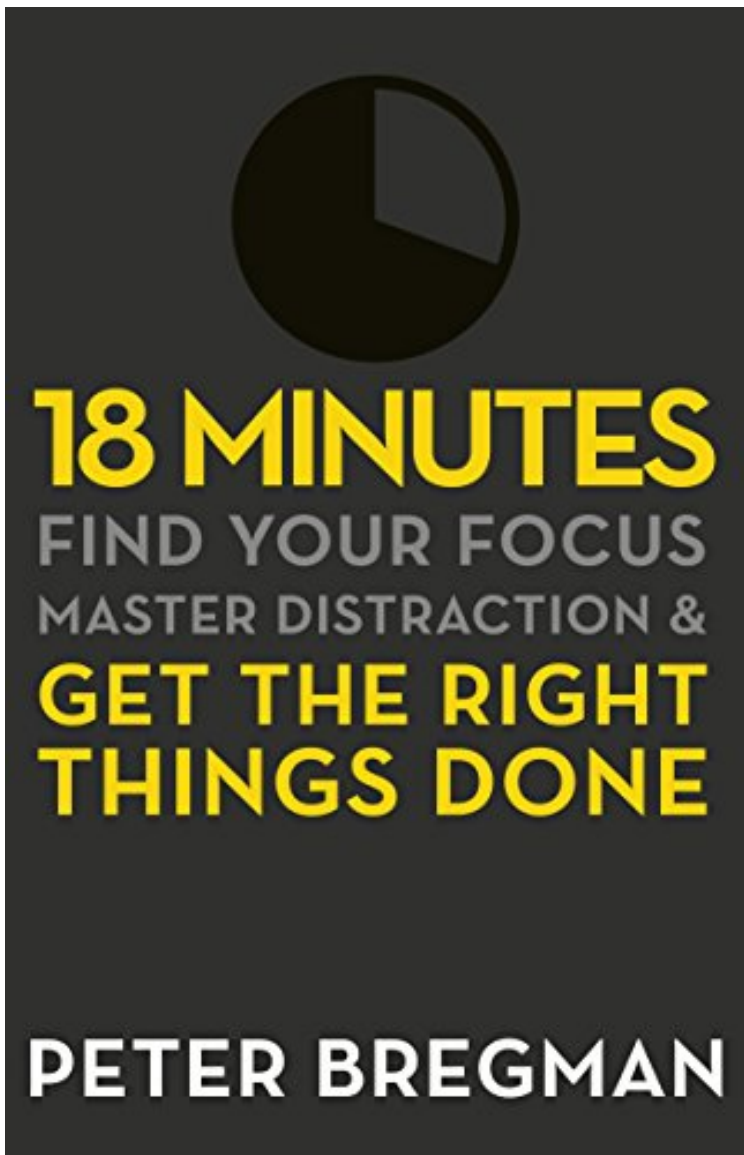


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# 18 Minutes: Find Your Focus, Master Distraction and Get the Right Things Done (English Edition)



*Par Peter Bregman*  
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HARVARD BUSINESS REVIEW columnist and global management consultant, shatters the myth of getting it all done by offering a clear and simple plan for getting the right things done. He shows how the best way to fight distracting interruptions is to create productive ones ourselves, a practice that can be easily implemented in 18 minutes a day. The result is a simple yet comprehensive approach to managing your life a year, a day, and a moment at a time so that your life moves forward the way you want and at the pace you want. *Revue de presse* 18 MINUTES is an intensely smart, insanely readable, and eminently practical guide to boosting our effectiveness and deepening our satisfaction. I've already benefited from the ideas in its book in my own work. So will you. Daniel H. Pink, author of *Drive* and *A Whole New Mind* Presentation de l'auteur The most important business/self-help book since *EMOTIONAL INTELLIGENCE* and *THE ONE-MINUTE MANAGER*. How often do you get to the end of another long and frantic day and wonder why so many important things didn't get finished? We've never worked so hard and felt so unproductive and unfulfilled. 18 MINUTES takes this challenge and turns it on its head. Peter Bregman, top HARVARD BUSINESS REVIEW columnist and global management consultant, shatters the myth of getting it all done by offering a clear and simple plan for getting the right things done. He shows how the best way to fight distracting interruptions is to create productive ones ourselves, a practice that can be easily implemented in 18 minutes a day. The result is a simple yet comprehensive approach to managing your life a year, a day, and a moment at a time so that your life moves forward the way you want and at the pace you want.