

Until now, the prevailing trend in increasing personal effectiveness has been Time Management. Its chief purpose is to help people to set goals (for a life or for a day) and to achieve them in order of priority. This method works. It has its limitations, however, and these fall within the emotional sphere. If negative emotions surface; if we lose motivation; if we have achieved enough goals, and just want to be a bit happier – here, Time Management cannot help us. The principal object of Time Management is to make us more productive, not happier. But isn't happiness the greatest indicator of the effectiveness of our lives? Maybe it's better to live with no goals and no planning? To set aside our responsibilities, and pursue a sense of freedom and pleasure? This path is also a slippery one: we may fall in love with sweets, alcohol, drugs, the wrong relationships, television, etc. It may bring us pleasure in the beginning, but it will make us unhappy in the end, because not every pleasure equals happiness. How can we solve this problem? How can we be effective and happy at the same time? There has always been more effectiveness than happiness in Time Management. And, wherever there has been no planning, there has always been more pleasure than happiness. Don't we deserve a more equitable balance in our lives, a more positive Time Management? Yes, we do. This book is an attempt to make Time Management more positive, and our lives, happier. Positive Time Management focuses on happiness as the main criterion for effectiveness in our lives. "There is no key to happiness" the door is always open," Mother Teresa once said. I invite you to enter now.

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