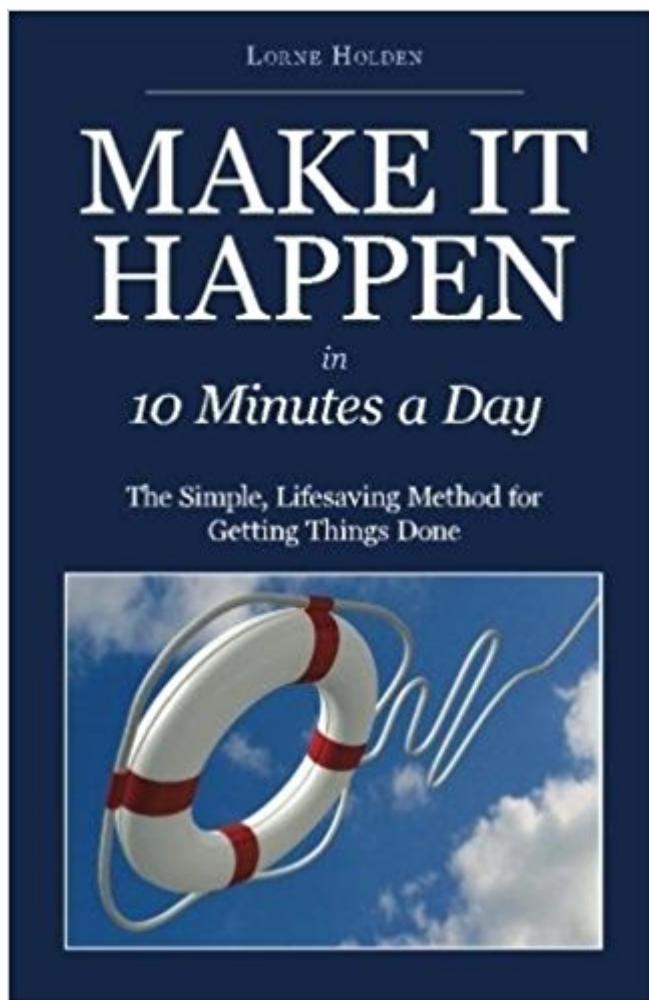


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# MAKE IT HAPPEN In Ten Minutes A Day: The Simple, Lifesaving Method For Getting Things Done



## **Synopsis**

One of the BEST Motivational Books Today! "I LOVE THIS BOOK!" Jack Canfield, New York Times Bestselling Author, The Success Principles and Chicken Soup for the Soul Series Are there things you really want to create or achieve in life but feel you can't because you don't have the time? If you answered YES, MAKE IT HAPPEN is the book for you. In MAKE IT HAPPEN in Ten Minutes a Day you will learn the simplest success skill ever - a strategy for managing your focus and increasing your productivity by taking small, reliable actions every day. Day by day. In Ten Minutes a Day. This easy to read bestseller has inspired many people to find new places of success in their lives. Retired educator, Kathy V. was able to get over a lifelong fear of water and grow into a confident swimmer by using the MAKE IT HAPPEN method. Writer Judy Pollard Smith burst through a four year bout of writers block and completed and published a novel in six months, working in ten minutes a day as a springboard. Busy executive Dan C. chucked the feeling of chasing after his life and started a whole new chapter of joy, when he used the MAKE IT HAPPEN method to change his eating and exercise habits. A runner in college, Dan had longed to return to running but always felt like his life simply said: "No way. No time." • But Dan turned things around by simply taking a ten minute walk at lunch each day. That created such a happy domino effect that he now wakes up early and gets a good run in before his day begins. These are their stories. What will yours be? In brief, compelling chapters, author Lorne Holden explains: \* The simple strategy that will help you focus on what you really want in life. \* The "Ten Minute a Day Methodology" • that will help you to accomplish your goals more quickly than you could ever imagine. \* How small steps really do add up, and why it's important to remember to stay focused on what you truly want. \* A way of thinking that will allow you to be in charge of your life. Ten Minutes a Day adds up to sixty hours a year. That's a lot of time to claim or waste. Claim that time and a powerful method of productivity is yours. It's time to stop putting off lifelong dreams because you don't think you have the time they require. Overwhelming tasks do not need to be overwhelming anymore. You can actually make big things happen, in small amounts of time every day. Ten Minutes a Day adds up to sixty hours a year. That's a lot of time to claim or waste. Claim that time and a powerful method of productivity is yours. Save yourself from a lifetime of frustration. MAKE IT HAPPEN in Ten Minutes a Day! "Stretches of hours threaten us but minutes are a possibility. It's a psychological thing. I found that ten minutes leads me onwards. This method makes me feel as if I'm in charge of the task, rather than the task being in charge of me." Judy Pollard Smith, Author

## **Book Information**

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## **Customer Reviews**

I've become wary of books that are uniformly highly rated because it's just not likely that a disparate group of readers would be in such complete agreement about ANYTHING. Well, my skepticism was warranted. Book was moderately helpful and reasonably well-written, but it contained no earth-shattering revelations. Rather, it makes the case that one can and should get a lot done by making better use of ten minute increments in one's day that would otherwise be wasted. The author argues, reasonably, that one can make progress in such short increments on even daunting tasks without succumbing to frustration or otherwise becoming overwhelmed. It's good advice, but I don't think it's so unique as to warrant all the five star reviews. My bottom line recommendation: the book, though not bad, is over-priced given that it's more of a pamphlet than a book. Near-universally high reviews, like most things that appear too good to be true, should be taken with a grain of salt.

Saving time or at least making the most of it is one of the most pressing needs of today. When everyone is under pressure to do this or that thing, to work and to socialize, to run errands and take care of the kids, to help others and yet also do something for themselves, free time is out of the question. Perhaps that has a lot to do with our material world, or perhaps it doesn't. If one really thinks about it what's missing is organization, a way to put everything into order so that they won't demand all your time. How am I supposed to do that; one could ask. The answer is by taking baby steps. All it takes is ten minutes a day, the author says. By devoting this small amount of time on a single matter every day you can find a way out of your troubles. It all has to do with willpower and efficiency, and for that I stand witness. When I've first started reading this book I thought, "nuh,

there's no way that ten minutes can change my life", but then I decided to give it a try, and of course I've changed my mind; the system worked. This guide helped me make the most of my time but it also changed my way of thinking, as I've started looking for similar books straight after reading it. Now I'm halfway through Master Getting Things Done with Evernote by Dominic Wolff that promises to improve my work flow and I'm sure that more will follow.

I bought it thinking, "Maybe this one will prod me into action.". It did. My study looked like the interior of a junk store, the same way it had looked for years. I did not expect 10 minutes would make a lot of difference but I told myself I would assess it at the end of the week. I was in for a nice surprise. I could see an improvement after that first ten minutes. I fitted in the 10 minutes sessions while waiting for my wife to shower. Otherwise I would have been simply killing time reading on my iPad. By day two I was looking forward to my little 10 minute dip into real achievement. At the five day mark I was feeling quite proud of myself and I had added two more projects to want I now call "My Tens". It has been a few weeks now and I have found myself spontaneously doing things for the satisfaction of seeing them done without them having been one of my "Tens.". So the habit spreads into other behaviours.

Here is the condensed message of the book: Dedicate 10 mins each day to do bigger, long-term tasks and enjoy them slowly being completed. Good advise but not not really worth the price of the book. Works for me as a benchmark when I review similar books.

I've never before been converted by self-help books. This one is different: JUST MAKE IT HAPPEN, and surprise surprise - it will!For instance: I have a desk that looks like a trash heap. Always have. But I tried the MAKE IT HAPPEN formula for three days and wow! there was my desk top and all the stuff sorted and done with. Now I think I'll try my new skill on my closet.MAKE IT HAPPEN YOURSELF!Judith M.T.

I Have a major procrastination problem. This makes me feel overwhelmed, so I do nothing and beat myself up about it. Even therapy hasn't helped. I can discipline for 10 minutes! Set short term goals and feel some accomplishment. I Have read so many books like this, and most I didn't even finish. With this book I feel excited to begin. Breaking up my time will so help with clarity and not getting lost on the internet or TV. I feel motivation that I haven't for a long time. Thank you

I am a mother of three (5,7 and 9) an artist, a business owner and entrepreneur. I am Married to a business owner. I am busy busy busy. Lorne's model of using small blocks of time to get "things" done is brilliant. I am no longer a " I will do it tomorrow person " because of this wonderfully written, uncomplicated, "life handbook", that is with me where ever I go! My three sisters and Mother have been gifted this book and all swear by it. If you are a busy human being it is a must have!

This book provides a fresh perspective on the age old dilemma of time management. The beauty of this book is found in it simplicity. The concepts are clear and concise. The chapters are short with good ideas in each one. Lorne clearly explains the power of 10 minutes a day. You can begin changing your life immediately since the reading goes so quickly. I keep this book handy and reread important sections to keep me on track. I am a professional social worker with years of training and experience. An important aspect of solving problems and accomplishing big things is the ability to partialize the problem (i.e. break many steps into smaller manageable steps). This book provides many specific ideas how to organize your life to be more productive. As you get started on those projects that you have been putting off; life gets a little easier. This book has helped me to start playing the piano again; reading more challenging books; and reorganizing my file cabinet. Some of the ideas are so simple I cannot believe that I was not already doing them. One idea which helps me to read more is to keep a book in the kitchen and read between food preparation steps. This simple suggestion has helped me to power through some books which otherwise may have gone unread. Buying this book is a small monetary investment yet can yield great joy in your life. Start doing the things you love to do because you have the time: 10 minutes a day!

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