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En appliquant ce concet, Leo Babauta a réuissi à...

arrêter de fumer

se mettre à la course à pied

mieux s'organiser et être plus productif

devenir un lève-tôt

mettre de l'argent de côté

« Babauta est devenu maître dans l'art de la productivité sur le Web pour une bonne raison : ses conseils fonctionnent !Tim Ferriss, auteur du best-seller La semaine de 4 heures

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