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Lire des ebooks Mon cahier Super organisée Anne-Sophie Brianceau PDF, ePub, mobi, Le cahier pour réaliser un maximum de choses dans sa journée et profiter à fond de la vie !

Magique : la méthode qui permet de réaliser un maximum d'envies. Abracadabra, il suffit d'optimiser son agenda surbooké pour les y faire entrer. Que l'on soit hyper sollicitée, hyper curieuse ou hyper occupée, les journées semblent toujours trop courtes. Mais être " super désorganisée " n'est pas une fatalité. Découvrez les astuces, méthodes, outils et rituels pour s'organiser, être plus efficace et optimiser son temps. A la clé : moins de stress et beaucoup plus de satisfaction dans son quotidien bien rempli.

Au programme :

- **Des méthodes anti-procrastination, éparpillement, phobie des contraintes, surbooking**, pour enfin mettre K.O. la désorganisation, avec le bullet journal, le self-journal, le mind-mapping, le Pomodoro... To-do list power !

- **Des rituels soir et matin pour réussir une journée optimale** : rituel morning ou rituel du soir, l'idée c'est de profiter, l'esprit tranquille, d'un sommeil apaisé ou d'une journée boostée.

- **Les astuces pour optimiser son efficacité au bureau**, sur les réseaux sociaux (pour poster plus souvent sans y passer sa vie), à la maison (bye-bye corvées).

- **Des plannings feel good**, car s'organiser, c'est faire entrer un maximum d'activités bien-être dans sa journée ! Prendre des moments pour se cocooner, planifier ses objectif de vie, organiser ses soirées et ses sorties, créer son programme de sport, planifier ses repas...

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If you realise your mon cahier super organisée so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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