



The 168 Hour Week: Living Life Your Way 24-7

Kevin Hogan

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A simple and tested system to reduce or eliminate procrastination, meet your goals and live the life and lifestyle you choose. A radical departure from self help books, this book is grounded in research about individual productivity, time management and goal achievement. The author explains in detail why past goal attainment efforts have failed. What follows is a step by step system to experiencing a better life.

The book presents a formula in both metaphor and steps for experiencing measurable results in income, personal competence, self confidence and core traits required for getting off the hamster wheel of life.

Devoid completely of metaphysical thinking, this is an approach for real people in the real world that want to have a better life.

Ultimately, the system and original methods are developed from the most current scientific research in goal achievement, productivity, motivation and procrastination. Always easy to understand and apply, this book is for the person who has tried many ways or strategies to achieve some result in life only to be turned away.

The book offers a new and unique approach to living.

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