



Manage Yourself: Learn How To Look After Your Most Valuable Asset - You (Pocket Manager Books)

Kate Keenan

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Do you find yourself at the back of the queue for attention?

Most people want to do better in their endeavours. Those who achieve a measure of success are happy and productive. Managing yourself effectively is a key element in this process. All it takes is a bit of self-analysis and the ability to put yourself at the head of the queue for attention. This book shows you how.

When you have read this book...

- you will understand why putting yourself first is good for you
- you will know how to use your personal preferences to make the right decisions about yourself
- you will know how to get the best from your life



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