

It's About Time: Systems and Strategies for Conquering What Gets In Our Way

By Susan Weiner, MS, RDN, CDE, CDN, and Leslie Josel

References

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Resources

- Allen D. ***Getting Things Done: The Art of Stress-Free Productivity***. New York, NY: Penguin Books; 2001.
- [Order Out of Chaos](#) website.
- [Time Management Magazine](#) website.
- [LifeHacker](#) website.
- [WatchMinder](#). Programmable vibrating reminders to help you stay on task and focus.
- [Pomodoro Timer](#). Focus for 25 minutes and then timer signals it's break time.
- [Focus Booster](#). Provides digital visual cues to keep track of time.
- [Rescue Time](#). Helps you understand your daily habits so you can focus and be more productive.

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- [StayOnTask](#). An app that checks in to make sure you are doing what you're supposed to do.
- [TextExpander](#). Customizes your text so you have canned responses.
- [Freedom](#). For Mac users: blocks the internet, even on your phone.
- [Anti-Social](#). Blocks specific distracting websites so you can be more productive.