



# The 3 Secrets to Effective Time Investment

*How to Achieve More Success with Less Stress*  
by Elizabeth Grace Saunders

## • ABOUT THE BOOK •

**Time management skills that work! Reboot your life in three simple steps.** *The 3 Secrets to Effective Time Investment* introduces time investment and work-life balance paradigms, revealing how to experience lasting change. The book includes 30+ ready-made routines on topics like clearing email, meeting deadlines, going to bed on time, exercising, and maintaining friendships plus a step-by-step guide to creating customized routines.

## • ABOUT THE AUTHOR •

Elizabeth Grace Saunders is the founder and CEO of Real Life E, a time coaching and training company that empowers individuals who are overwhelmed and frustrated to feel peaceful, confident and accomplished. She has been featured as a member of the Young Entrepreneurs Council in The New York Times, The Huffington Post, Mashable, and many other media outlets. For a full biography, please visit [www.reallifee.com/meet-elizabeth-saunders](http://www.reallifee.com/meet-elizabeth-saunders).

## • HOW TO PURCHASE •

The book is currently available for pre-order on Amazon. More information about the book and exclusive gifts can be found at [www.timeinvestmentbook.com](http://www.timeinvestmentbook.com).

## • PRODUCT DETAILS •

Hardcover, 256 pages, 1st Edition  
Publication Date: January 11, 2013  
ISBN-13: 9780071808811  
Publisher: McGraw-Hill Companies, Inc.

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