

CHRISTIANS CAN LIVE JOYFULLY BY EMBRACING A GOD-CENTERED APPROACH TO TIME MANAGEMENT

"Making God the priority in your life is the primary challenge for all people of faith--Saunders' new book *DIVINE TIME MANAGEMENT* is essential reading for making this goal a reality."
—Greg McKeown, *New York Times* bestselling author of *Essentialism*

"Elizabeth delivers a clear and practical approach to a topic so many of us struggle with. Her tested strategies are a call to graceful action in a noisy world demanding that we exhaust ourselves trying to do and have more. *DIVINE TIME MANAGEMENT* is an inspiring guide for faith-driven achievers." —Lisa Nichole Bell, Award-winning writer, producer, and entrepreneur

"A powerful and original take on time management, rooted deep in theology, that will radically transform how you think about scheduling and productivity." —Cal Newport, *Wall Street Journal* bestselling author of *Deep Work*

"While most time management is about getting control by putting ourselves first and our plans at the center, this book teaches us to give up control by putting God first and His plans at the center. I'm proud to recommend this book and its author. The principles and practices it presents will challenge all of us, and, if applied, make us all better." —Brad Powell, Senior Pastor of NorthRidge Church and author of *Change Your Church for Good*

Nashville, Tennessee—Elizabeth Grace Saunders, internationally recognized time management expert, has helped everyone from busy moms to small business owners to corporate clients reorder their lives for success. She knows there are endless apps, books, and useful methods for becoming self-disciplined, organized, and more successful. But these tools alone aren't enough to provide true freedom from the stress of how to best manage time.



Yet when Elizabeth's longtime Christian faith intersected with her work, it unlocked the power of *DIVINE TIME MANAGEMENT*.

After a season of unusually high stress, where traditional time management methods fell short, she found a transformative sense of peace by surrendering her plans to God. Pursuing God's wisdom in time management, Elizabeth discovered that by trusting Him she could achieve the happy, prosperous, confident life He lovingly planned for her. Now she shares how you can find purpose, joy, and the peace that comes from letting God guide your actions.

DIVINE TIME MANAGEMENT offers:

- A path to deeper intimacy with God centered on trust in Him,
- An understanding of what God wants for your life, to inform how you set priorities,
- Biblical and personal encouragement to embrace your God-given identity and desires,
- Effective ways to faithfully navigate major decisions, and
- Proven time-saving methods.

God delights in His children experiencing His best. *DIVINE TIME MANAGEMENT* will help readers align their time with God for lasting joy with Christ at the center of their world.

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- **WRITER/EXPERT:** Elizabeth is considered an expert in time management. She contributes to *Forbes*, *Harvard Business Review*, *Huffington Post*, and other publications
- **TIME MANAGEMENT COACH:** Elizabeth has coached hundreds of people in management in six continents. She is the found of Real Life E Time Coaching & Speaking. In *DIVINE TIME MANAGEMENT* she pairs a Christian perspective of time management and purpose with practical tips and strategies to live a more fulfilling, better-managed life.
- **WEB:** Elizabeth already has an established web presence on www.RealLifeE.com and on www.ScheduleMakeover.com She's ranked #1 on Google for time management coach.
- **MEDIA:** She has received hundreds of media mentions from publications including the *Chicago Tribune*, *The Boston Globe*, *Business Insider*, and *Fortune*.
- **SPEAKER:** Elizabeth has spoken in 16 states to thousands of people, on the same billing as leaders such as Steve Forbes at the Business Horizons Retreat.

ABOUT THE AUTHOR: Elizabeth Grace Saunders is an internationally recognized expert on effective time management. She has been featured on CBS, ABC, NBC, and FOX. Elizabeth contributes to *Forbes* magazine, *Harvard Business Review*, *Huffington Post*, and *Fast Company*. Elizabeth is a member of the Young entrepreneur Council and the Forbes Coaches Council. Follow her at RealLifeE.com, DivineTimeBook.com, Facebook.com/TimeCoaching and on Twitter @RealLifeE.



Review copies, interviews, op/eds and excerpts available upon request – contact Sarah Falter at sarah.falter@hbgusa.com.

DIVINE TIME MANAGEMENT by Elizabeth Grace Saunders
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ADDITIONAL REVIEWS:

"DIVINE TIME MANAGEMENT is a practical resource for Christians who are exhausted by their pace of life and have no idea how to get things under control...Filled with both solid content and helpful exercises, DIVINE TIME MANAGEMENT is a must-read for anyone seeking a fulfilled, well-balanced, Christ-centered life." -Pastor Richard Webb, Teaching Pastor, Lutheran Church of Hope, West Des Moines, IA

"As Christians, the Bible says we are co-laborers with Christ, but what does it truly mean to live and labor alongside God? In *DIVINE TIME MANAGEMENT* Elizabeth Grace Saunders shares sound biblical perspectives to put your faith to work. Read it and apply her practical exercises to elevate your trust, increase your awareness of His presence, and transform the way you live out the divine mission He has for you."

-Leary Gates, Cohost, BoldIdea podcast and Founder of StrategicCEO