



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

By Kevin Hogan

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## The 168 Hour Week: Living Life Your Way 24-7 By Kevin Hogan

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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## **The 168 Hour Week: Living Life Your Way 24-7 By Kevin Hogan Bibliography**

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## **Editorial Review**

### **Review**

"The most scientific book ever written on personal productivity." --Mark Joyner, #1 Bestselling Author of Simpleology and Founder of Construct Zero

"This is the REAL book about work, productivity, happiness, and profit. In four hours you will discover answers for a lifetime of success and fulfillment." --Jeffrey Gitomer, Author of The Little Red Book of Selling

"What you've been told causes success is flat-out wrong! Kevin Hogan explains why you haven't gotten the results you've wanted. More importantly he shows you how to leverage the latest scientific breakthroughs to really succeed in life. Get this book as if your success depended on it - because it does!" --Rich Schefren, CEO, Strategic Profits

"The 168 Hour Week: Living Life Your Way 24/7 offers a system to beat procrastination and meet goals and comes from a personal development leader who blends research with hundreds of coaching experiences to teach something different about achievement and time management. His 'life plan' is based on thousands of international studies and is key to not just business goals, but life goals in general, making it a pick for business and general libraries alike." --James A. Cox, Editor-in-Chief, Midwest Book Review

"What you've been told causes success is flat-out wrong! Kevin Hogan explains why you haven't gotten the results you've wanted. More importantly he shows you how to leverage the latest scientific breakthroughs to really succeed in life. Get this book as if your success depended on it - because it does!" --Rich Schefren, CEO, Strategic Profits

### **About the Author**

Kevin Hogan is the author of nineteen books. He is best known for his international best selling book, The Psychology of Persuasion: How to Persuade Others to Your Way of Thinking.

In the past decade he has become the Body Language Expert and Unconscious Influence Expert to ABC, Fox, The BBC, The New York Times, The New York Post and dozens of popular magazines like Forbes, Investors Business Daily, InTouch, First for Women, Success!, and Cosmopolitan. He has become the go-to resource for analyzing key White House figures.

Kevin is a dynamic, well-known international public speaker, consultant and corporate trainer. His cutting edge research into the mind and keen understanding of consumer behavior create a unique distillation of information never before released to the public.

## **Users Review**

### **From reader reviews:**

#### **Richard Morris:**

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