



## Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed

*Julie Morgenstern Paula Rizzo*

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Paula Rizzo

What do Madonna, Martha Stewart, John Lennon, Ellen DeGeneres, Ben Franklin, Ronald Reagan, Leonardo da Vinci, Thomas Edison, and Johnny Cash have in common? Each is (or was) a list maker. These successful people, along with CEOs and successful entrepreneurs, all use lists to keep track of their ideas, thoughts, and tasks. Finding enough hours in the day to get everything accomplished and allow for some downtime can be a struggle. It's no wonder so many of us are stressed, overextended, and exhausted. More than half of all American employees feel overwhelmed, according to a study by the nonprofit Family and Work Institute. For the 54 percent of us who feel like we're chasing our own tails, *Listful Thinking* is here to prove that it doesn't have to be that way. You can still find time to relax, read a good book, and do the things you love. *Listful Thinking* is the book that will give readers their lives back with indispensable tips on saving time, getting organized, improving productivity, saving money, and reducing stress.

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