

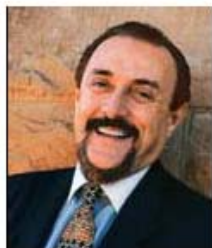
## Time Experts You Will Learn From

As featured in:



### Philip Zimbardo

#### The Time Paradox: The New Psychology of Time That Will Change Your Life



Philip Zimbardo is Professor Emeritus of Psychology at Stanford University, where he has taught the most popular undergraduate course since 1968. A legendary thought leader in the field of social psychology, Zimbardo is widely known for the Stanford Prisoner Study and books such as "The Lucifer Effect."

Zimbardo's brand new book "The Time Paradox: The New Psychology of Time That Will Change Your Life" is the result of two decades of research, and he provides compelling insight into how we use the irreplaceable resource of time for success, better health and greater fulfillment. This will be one of the first opportunities to hear the brilliant insights from the book direct from the author.

The most important secret for you to take your time management to the next level might just be understanding how you THINK about time.

[To listen to this interview, sign up below](#)

### Jeff Davidson

#### Dealing with Information Overload



Most people can handle working longer hours; it's everything else competing for your attention that leaves you feeling overwhelmed. Learn to overcome overwhelm and information overload with Jeff Davidson.

Jeff Davidson offers time and stress management techniques that most people have never considered and innovative methods for daily effectiveness that anyone can master.

Also, you will learn Jeff's time management secrets for having the time to write 24 popular books for the busy professional, including "The Complete Idiot's Guide to Managing Your Time," "The Joy of Simple Living" and "The Complete Idiot's Guide to Managing Stress" a step-by-step guide is for anyone who has ever said, "I'm so stressed out!"

Jeff will motivate you to take what you've learned right back to your office or your home and put it into practice.