

The Pomodoro Technique

By Francesco Cirillo



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Over 2,000,000 people read the first version. Now, for the first time ever, Francesco Cirillo's "deceptively simple" time-management method is available in a newly updated and revised hardcover book! Filled with incredibly powerful time-management advice, The Pomodoro Technique Third Edition is a godsend for procrastinators. The Wall Street Journal says the method can "help anyone to focus." The new version of the Pomodoro Technique includes a chapter on how to make the Technique work for you. You'll also learn how to predict the time it takes to complete a task,monitor your productivity and set personal goals. Newsweek listed the Pomodoro Technique as one of the best ways to "Get Smarter in 2012" and it was voted the "Most Popular Productivity Method" by the Lifehacker community. With the Pomodoro Technique, you'll learn how to boost your productivity drastically and consistently in a way that will stay with you forever.



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