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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Working Time Management For Mom's**

**By Jonny Goldmann**

When you walk in the door, you see a stack of papers floating around your desk, and when you go

home, just as at the office, you can't find those important papers you need so desperately to stay out of trouble or make an excuse.

When you come home at night, you and your spouse argue, and your children ignore you because you just aren't spending family time with some of the important people in your life.

Does this sound familiar?

Have you ever wondered why?

Well, you are not managing your time accordingly so that you reap benefits and the ones you love are happy. You are not organized, so therefore how the heck can you find those important documents?

Moms already have a big responsibility and we neglect to manage our times, our responsibilities turn to chaos.

Let's face it: it is never easy to stay organized when we have busy work schedules and a family to attend to, as well as other responsibilities.

The traditional individuals often store files in a filing cabinet, and clean their room and desk once every week. However, there are people out there that are spontaneous. Some of us even store documents so they are out of sight and soon find those documents are out of mind, until someone calls their attention to the papers.

The key to success moms is getting your priorities straight. If you shop for groceries once per week, you can cut back time by buying enough to last longer, so that grocery shopping isn't part of your weekly plan.

## Working Time Management For Mom's

The extra hour or more that you spend at the supermarket can be spent on quality time with the family. This is only one solution to managing your time, but it is certainly a start. In addition, you can make up a list of your duties, starting with the most important tasks first, and working through the list one at a time. I found this to be a great solution for managing time, since when you work hard to complete one task, the rests fall into place with ease.

If you spend an hour or even one half hour in the mirror, it is probably because you are not feeling good about your self. It takes approximately five minutes to put make-up on, and to stand in the mirror longer is only taking up time. Hair is also important since our person in general sets an impression. If you spend longer time than needed doing your hair, try finding nice looking hairstyles that are less complicated to style. This is also a great process of the time management solution. Clothing should also be limited but appropriate for whatever it is that you doing and it should not take less than a couple of minutes to get dressed.

Unless you are a model, or actress, overdressing is not appropriate in most cases for every day life

situations. If you are spending extra time preparing meals, you might want to consider recipes that are quick and healthy to manage your time mom.

Jonny Goldmann is the founder of several businesses, an entrepreneurship advisor, public speaker, and an author. Just visit:

<http://my-personal-time-management.blogspot.com>

### **5 Ways To Tell If A Preschooler Is Living In Your House**

**By Deborah Shelton**

1. You reheated the same cup of coffee three times this morning.
2. There is always one more person in your bed in the morning, than there was the night before.
3. You can't imagine life without the Cartoon Network.
4. The lock on your bathroom door is purely for decoration... After all, no locked door could withstand, "Mom? What are you doing? Mom? Can I come in? Mom? Can I show you something? Mom? Can I give you a hug? Mom? Can you hear me? Mom?"
5. You have started—or signed—a petition to banish the word "why" from every language known to man.

Deborah Shelton is a mother, freelance writer, and author of the brand new book, "The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones." Visit Deborah's website for more family-friendly ideas:

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5 Ways To Tell If A Preschooler Is Living In Your House

Mom Management™

My Mother, the Person

What Do Mothers Want?

Learning To Manage Your New Life

Time Management Secrets

Time Stretching Tips

Natural Pain Management

Profitable Puppets

Membership Millionaire



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