Build the Three Anchors That Hold Your Day

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Plan simple sleep, focus and recovery anchors for your daily routine.

What this guide covers

- Identify a practical sleep boundary.
- Define a focused-work block.
- Schedule a small recovery practice.

Who this is for

For people who want more structure without an elaborate schedule.

Putting the ideas to use

Use the scaled-down options and adapt the suggested routines to your circumstances.

Book details

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