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Taming the To-Do List: How to Choose Your Best Work Every Day

Glynnis Whitwer

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No matter how hard women work or how much they accomplish in a day, there's lingering anxiety and guilt over what they *didn't* do. We just wish the world would stop for a day so we could catch up.

Glynnis Whitwer has identified what makes us feel so overburdened--and it's probably not what you think. *Taming the To-Do List* exposes a seismic shift in our society: from one in which most of us were proactive toward one where we now carry the burden of having to *respond*--to every email, text, tweet, and message we receive. This major shift creates a cycle where everyone else sets the priorities for our days, rather than us designing our own lives.

Taming the To-Do List addresses this significant change in how we manage our time and the issue of procrastination from a woman's point of view. It addresses the common household tasks many women put off, like doing housework and scheduling doctor's appointments, and moves on to the larger, more life-impacting delays of dreams and goals. Combining practical, easy-to-apply advice with solid research and biblical truth, this book is a compassionate yet challenging message of hope for those struggling to choose their *best* work over *busy* work.

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