



# How to Stop Time: Superhuman Time Mastery Miracles that will Skyrocket Productivity and Motivation

*Derek Murphy*

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*"How to Stop Time is a powerful guide for anyone looking to get more out of life. Drawing on ancient wisdom and modern best practices, Derek shares a proven plan for becoming more productive." — Tom Corson-Knowles, Author of Destroy your Distractions.*

*"Derek Murphy is the perfect person to write a book called "How to Stop Time". As an expert graphic designer, publishing consulting and writer, he's one of the people who seems to be able to do it all. If you're looking to add more time to your daily routine, this is the book for you! — S.J. Scott, Habit Stacking. HabitBooks.com*

## **There's just never enough time.**

You know you could be doing more, you should be living the life of your dreams, but you're stuck in a job you don't enjoy just to pay the bills. The world seems stacked against you. You wish you had the time and freedom to focus on the things you're really good at, or enjoy, because you're sure your mission in life is somewhere waiting to be discovered. Something's missing.

Maybe you want to write a book or start a business, but you can't seem to get started - you push it off to some day in the future when you can really concentrate on it, because you're too busy right now. Maybe you feel angry at yourself for procrastinating or guilty for never getting through your to-do list, or finishing projects, or letting your schedule get out of control.

If you've tried everything else and it hasn't worked, productivity and time management isn't really your problem. Nor is motivation. Those are bandaids that people are using to cover up a much deeper wound. In this book, I'm going to offer something else.

If you are looking for little ways to be more productive without rocking the boat, without fixing the underlying problem that is sabotaging all your well-intentioned efforts— this book is probably not what you're looking for. If, on the other hand, you're dissatisfied with your current life as a whole, and want to trade it in for a whole new one that is mentally stimulating, emotionally healing and financially rewarding, then maybe, just maybe, you'll find some value in my book that you didn't find anywhere else.

I promise that if you read this book and take the steps seriously, you will leave the safe shores of your comfortable but boring lifestyle and become a time-stopping force of nature producing things that actually matter, taking control of your financial destiny and find the success that you deserve.

But don't wait – the clock is ticking. If you don't read this book right now, you may continue to procrastinate

your life away on Facebook on bad TV, and never live up to potential you saw in yourself.

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