



The Essence of Time Management

By John Baker

E-Book written for [Power Essence](#)

About Power Essence

Power Essence began as a publishing company in 2002. Our mission is to awaken the world to the irrationality and destructive power of authority, including religion, politics and the dishonest mass media. We achieve this by championing free thinking, creative individuals with our various e-books and guides.

You can find this exclusive content only at <http://www.PowerEssence.com>

Power Essence Forums

Power Essence Forums are a community of creative, free thinking individuals exploring the future of civilization. Focusing on science, technology, business and art, we break down the boundaries of conventional thought, exposing the power of the conscious mind.

Please visit the Forums here: <http://forums.poweressence.com>

Copyright © 2009 Power Essence® Company, San Diego, California, USA. Some content previously created and included with permission by the author.

All rights reserved under International and Pan-American Copyright Conventions. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without prior permission in writing from Power Essence Company. All inquiries should be addressed to Power Essence Company at admin@poweressence.com.

Read our entire **Terms of Use** at <http://www.poweressence.com>

Registered with the Library of Congress, Washington D.C.

This electronic-manuscript is formatted in economical-print mode, meaning that there are no blank numbered pages at the end of some chapters as you will typically find in paper-printed books. Cover Image courtesy of Freerangestock.com.

Earnings and Forward-Looking Statements

Every effort has been made to accurately represent this product and its potential. Even though this industry is one of the few where one can write their own check in terms of earnings and benefits, there is no guarantee that you will earn any money or benefit using the techniques and ideas in these materials. Examples in these materials are not to be interpreted as a promise or guarantee of earnings-benefits. Earning-benefit potential is entirely dependent on the person using our product, ideas and techniques. We do not purport this as a guaranteed benefit or “get rich scheme.”

Any claims made of actual earnings-benefits or examples of actual results can be verified upon request. Your level of success in attaining the results claimed in our materials depends on the time you devote to the program, ideas and techniques mentioned, your finances, knowledge and various skills. Since these factors differ according to individuals, we cannot guarantee your success or income level. Nor are we responsible for any of your actions.

Materials in our product and our website may contain information that includes or is based upon forward-looking statements within the meaning of the securities litigation reform act of 1995. Forward-looking statements give our expectations or forecasts of future events. You can identify these statements by the fact that they do not relate strictly to historical or current facts. They use words such as “anticipate,” “estimate,” “expect,” “project,” “intend,” “plan,” “believe,” and other words and terms of similar meaning in connection with a description of potential earnings or financial performance.

Any and all forward-looking statements here or on any of our sales material are intended to express our opinion of earnings-benefit potential. Many factors will be important in determining your actual results and no guarantees are made that you will achieve results similar to ours or anybody else's, in fact no guarantees are made that you will achieve any results from our ideas and techniques in our material.

The Essence of Time Management

Start Living the Life You Were Meant to Live - Today

How many times have you read something inspiring and thought: “This is great. Tomorrow I’m going to be a new person.” Then when you wake up in the morning you just don’t feel like it. You’re too tired or busy to make good use of your time in the way you had planned. Even when you try to put your “new life” into action, it never quite works.

You can start *today* to enjoy the life you were meant to live. We all know tomorrow never comes and if you put something off now, it’s pretty much inevitable that you’ll put it off when you wake up in the morning. So *how* do you go about starting now? Where do you start?

The key is to take control of your time. To be successful you will need to make the best use of time you possibly can. At the same time, you need the drive to succeed. It’s no good planning how you’re going to live if you’re not going to enjoy it. Remember, life is passing by so very quickly. You need to do what you love and do it as much as possible.

Your Impending Death

To give you an idea how quickly your life is passing you by, look at the chart below. You will notice how it is a 30x30 chart. This chart was inspired by Mark Hamilton’s “The Story”. In this story, an enigmatic teacher shows her students the urgency of life by getting them to draw a 30x30 chart. This is because 30 multiplied by 30 equals 900. There are 900 months in 75 years, and the current life expectancy is about 75 to 77 years. So now you can see your entire life, ignoring the possibility of accident or disease, summed up in a chart.

We have taken the trouble to mark the board in years and darken the border around each year to make it easier for you to read. Mark on this table how old you are now. You can pinpoint the exact month.

Now you can see, at a glance, how much time you *might* have left. Remember we’re only using the average life span and ignoring the possibility of accident or disease. Shocking, isn’t it?

If you want to make the most of those rapidly diminishing squares, read on.

Identifying the Waste

Write down all the things you do in your everyday life. Just make a rough list, for example: housework, watching TV, reading books, going to the pub, etc. Include details like showering but don't worry too much about anything that takes less than 5 minutes. Think back over the last couple of weeks and try and remember what you did in the evenings or at the weekend. Forget about your job for now, that's time you can manage separately later. For now it will just be displayed as a solid block with no detail.

Once you have made your list, you should be able to split it into these categories:

- Housework
- Physiological (washing, eating etc)
- Recreational (exercise, sports etc)
- Creative/Productive (writing, drawing, home business activities, studying etc)
- Non-productive (watching TV, playing computer games, going to the pub etc)

Think back over the past couple of weeks again and think how much time you spent on each of these categories. Now I'm going to ask you to get out a paper and pen. Print off Appendix 1's charts (p. 215 through 220) and fill it in with what you did in the *What did you do the last two nights?* Chart (p. 215). Once you have done that, fill in the *Blank Schedule* (p. 218) and assign a color to each of the five categories as in *Schedule Example Page 1* (p. 216), and mark on your sheet the relevant color to each action. If you want to color it in, feel free, but a mark will do.

Done that? Okay. Now look at how much time you spent on Creative or Productive activities. I can hedge a pretty safe bet that the color you used for this category is pretty swamped by all the rest of the colors. You'll realize that very little of your time has been spent on anything of any value. Okay, the other four are all necessary, but to be successful, you need to reduce the time spent on these activities and increase the time spent on creative or productive tasks. Your recreational time is also very important. Being fitter will help you feel better, and this will make your creative or productive time more efficient. In addition, your sleep will be improved, maybe even reduced.

Taking Control

Now we come to the essence of this report. To help increase your productive time and reduce the times spent on other things, you will need to do more than think about it. You will need *actively to plan* it. This involves creating a schedule. Now before you groan (and I know a lot of you will) this isn't as much of a waste of time as you think. You may have tried to schedule your time before, and found yourself not sticking to it because nothing ever goes as planned. On the other hand, you may have dismissed the idea because you have the philosophy that life shouldn't be planned, it should be an exciting roller coaster that is unpredictable and full of surprises.

Well let me tell you why both of those points, although valid, do not apply to this method of scheduling.

One of the main reason things don't go to plan is because you allow yourself to be distracted. Too much time is spent wasted, answering doors, phones, emails, instant messaging. Let's not forget TV of course, the biggest distraction of all. We've all done it, sat down to watch one program, and spent the rest of the night watching other stuff. It's easily done, especially after a hard day's work. Alcohol, too, can play a big part in writing off an evening.

You need to stay focused on your schedule at all times, avoiding distractions and constantly racing to finish each task before the next one is due to start. Laziness is a disease that affects our minds. We are constantly battling to be productive when all the time we'd rather be doing anything than the task in hand. Keeping your mind aware of this natural opposition to effort will help you avoid indolence.

You must also *constantly review* your schedule, reducing the time spent on menial tasks and increasing your creative and productive output. Keeping your schedule rigid is another good way to cause it to fail. For one, it will make it more difficult to follow because things never take exactly as long as you plan. A rigid schedule will also reduce your efficiency. This is because you will often find yourself finishing a menial job early and then taking a bit of time out to do something non-productive until your next task starts.

By following this advice you will find your schedule a lot easier to stick to and that it has positive results.

If you're the type that's looking for an unpredictable life, it's because you want excitement, and why not! Life is an adventure. You think giving your life structure is going to take away that element.

Believe it or not, it will do the opposite. Implementing this schedule will, surprisingly, *increase* the excitement in your life.

I know it's hard to believe, but remember, the whole point of this schedule is to improve the quality of your life. I wouldn't be highly recommending it if it wasn't going to do that. This planned time will help in many ways:

It will help you reduce the amount of time spent doing menial jobs, like housework and showering. It will make these jobs have less emphasis in your life, as you'll know how long you're due to take doing them. You will look forward to finishing them so much that you will speed up. You wouldn't do that if you didn't have a concrete plan for what you were going to do next.

Your time doing recreational activities like sports will be more clear-cut. You may be someone who has a strict exercise routine but many people do not, having an overall time schedule will help make sure you do fit exercise into your life. I cannot express the importance of this enough. You will feel so much more active, alert and fitter. You will sleep better, and even find your brain working harder. A minimum of 20 minutes a day will give you the edge you need, and believe me, you will notice it.

You will start feeling that your life has *purpose*. You will actually feel this the first day you start living by a schedule. You'll feel that the "new life" you wanted to experience has really started. Remember, it's not about living to a dogmatic routine, with the same old thing every day. It's about *taking control of your time*. We currently only have a very short time on this Earth, even if you are lucky enough to escape accident or disease. Only by taking control of that time, can you make the best of that time. Too much time is wasted on things that have no value. You need to take positive steps to change that.

Ok, hopefully now you're convinced that creating this schedule is a good thing, and if you're not, well try it anyway. You have everything to gain and nothing to lose.

Making the Schedule

Create a table with days of the week along the top. It's best to do this in a spreadsheet package if possible, so that entries can be moved around while you work out what goes where. If you don't have access to the software, print the chart *WorkWeek, Quarter Hour Increments* (p. 219 through 220).

Down the side, write times at 15-minute intervals, starting with the time you wake up and ending when you go to bed. The time you spend at work can occupy just one row because you don't need to go into detail about that at the moment.

Now you have a table ready to fill in. The key is to group the five different types of activities with each other, i.e., group all housework jobs for one day into one block of time. Refer back to the list you made earlier of things you do. Start transferring these activities onto the table starting with the imperative, physiological activities, housework and things you have commitments to, like clubs. Remember to account for the time you spend traveling anywhere, including work.

Next, set aside some time for something recreational. I recommend no less than 20 minutes a day, but remember, this is your schedule. If keeping fit isn't something you're really into, *be realistic*. You aren't going to be able to do much to start with. A little misplaced optimism here could ruin the whole schedule.

Finally, you have to share the space you have left between productive tasks and non-productive activities. As with recreation, be realistic. You do need some non-productive time, to relax and unwind. It's up to you how much time you allocate to each of these areas.

Remember to keep the time in blocks. If you're using a spreadsheet, assign a different color to each of the five sets of activities. This will make it more prominent how much time you're spending on what.

Play around with your plan until you think you're happy, then give it a go. It might not be convenient to start it there and then, but if it isn't, you should question why. If you can't start it now will you be in a similar situation next week?

Scheduling Your Work Time

We have avoided talking about work time so far, but it can be scheduled in exactly the same way. However, the concept of arranging tasks into blocks is more vital at work than at home. This is because you may have many small jobs that make up your day and this can cause the day to be very "stop-start". Grouping similar jobs into blocks to be performed at the same time will help increase your productivity immensely. As a simple example, if you file all your invoices at a specific time it will save you locating the file and searching through it for a couple of minutes every time an invoice lands on your desk. This is obviously a very simple example, but there are probably countless ways you can group tasks together in your everyday work, and the time you will save will be phenomenal. You should also try to think of ways to group tasks that are unpredictable in their timing. For example, you should screen all your phone calls and do all your callbacks at a certain time.

Making the Most of Your Time

There will be times when you won't be living by your schedule, for example, in your lunch break at work. It's up to you what you do in this time, but note this. I write 2000 word articles like this one in my lunch break that earn me hundreds of dollars. Believe me, there's a lot of money out there for people who spend enough time being productive.

I hope that this report inspires you to make a similar use of *your* time. It should help you to see just how precious your time really is. You can do so much in such a short time, but more often than not, you probably do very little over a long time.

Overcome the laziness disease by managing your time effectively, and live the life you were meant to live.

What did you do the last two nights?

PM	The night before last	Last Night
5:00		
5:15		
5:30		
5:45		
6:00		
6:15		
6:30		
6:45		
7:00		
7:15		
7:30		
7:45		
8:00		
8:15		
8:30		
8:45		
9:00		
9:15		
9:30		
9:45		
10:00		
10:15		
10:30		
10:45		
11:00		

Schedule Example Color Key

Block	Activity
Housework	Dishes
	Laundry
	Cleaning
	Bills
	Cooking
	Shopping
	Feed pets
	Take Rubbish Out
Physiological	Breakfast
	Dinner
	Shower
	Sleep
	Clean teeth
	Wash
Productive	Writing
	Business Admin
	Research
	Business Emails
	Phone calls
	First Aid Course
	Studying
Recreational Exercise	Bike ride
	Running
	Swimming
	Weights
Recreational Entertainment	Watch TV
	Time with partner/friends
	Read Magazines
	Play computer
	Go to the Pub

Although there is a *Productive* category, that does not mean the other functions are non-productive. In fact, every category is productive in its own right. You can feel as if you did something productive by exercising or spending time with your partner. Productive here simply means that which has the potential to bring you wealth, increases your business, and increases your value creation-production.

The following schedules are blocked off in quarter hour increments but it's not necessary to plan out to that fine a detail unless you want to or it is appropriate to be that detailed. Remember to allow for spontaneous alterations to your schedule so that you can enjoy time by yourself and with your love partner, children and friends. We also suggest that you actually plan on specific times to meet with your partner and family along with allowing for spontaneous interactions.

For those of you concerned with getting enough quality time with your life partner, many of the suggested activities can be done together. Exercising together is a fantastic way to motivate each other into getting fit. Chores such as cooking, cleaning, and running errands with each other can help increase a stronger sense of partnership and camaraderie between the two of you. Take advantage of any time you can to get together, since again, life is too short! Make sure you spend time with your children too because before you know it, they'll be grown and gone.

The idea behind these schedules is to help you get into positive habits and to add organization and structure to your life. Furthermore, if you stick to the cutoff times at the end of each activity, it will help to inspire you to become more efficient in your actions because you'll be trying to get more done before the proverbial timer goes off and you have to move to the next task or activity. Try it out for several weeks and see if you find this type of scheduling to be exhilarating and motivating. You may literally spring out of bed each morning with great anticipation to start your personal schedule.

After the two example schedules, you'll find a blank free-time schedule that you can print and fill in with your own requirements.

For our young readers, fashion a schedule similar to the one in Example 3. Fill your free time with as much productive things as possible. Keep busy and keep your motivation going with projects and business adventures you start by yourself or with your friends.

Adults Free-time Schedule Example 1

	MON	TUE	WED	THU	FRI
6:00 AM	Wash/Dress	Wash/Dress	Wash/Dress	Wash/Dress	Wash/Dress
6:15 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
6:30 AM	Feed pets	Feed pets	Feed pets	Feed pets	Feed pets
6:45 AM	Dishes	Dishes	Dishes	Dishes	Dishes
7:00 AM	Rubbish	Laundry	Laundry	Laundry	Laundry
7:15 AM	Running	Swimming	Running	Swimming	Running
7:30 AM	Running	Swimming	Running	Swimming	Running
7:45 AM	Running	Swimming	Running	Swimming	Running
8:00 AM	Bike to work	Bike to work	Bike to work	Bike to work	Bike to work
WORK					
5:30 PM	Bike from work	Bike from work	Bike from work	Bike from work	Bike from work
5:45 PM	Bike from work	Bike from work	Bike from work	Bike from work	Bike from work
6:00 PM	Weights	Shower	Weights	Shower	Weights
6:15 PM	Weights	Cooking	Weights	Cooking	Weights
6:30 PM	Weights	Dinner	Weights	Dinner	Weights
6:45 PM	Shower	Dinner	Shower	Dinner	Shower
7:00 PM	Cooking	Dishes	Cooking	Dishes	Cooking
7:15 PM	Dinner	Shopping	Dinner	Play computer	Dinner
7:30 PM	Dinner	Shopping	Dinner	Play computer	Dinner
7:45 PM	Dishes	Shopping	Dishes	First Aid	Dishes
8:00 PM	Bills	Research	Phone Calls	First Aid	Night out
8:15 PM	Watch TV	Research	Phone Calls	First Aid	Night out
8:30 PM	Watch TV	Research	Emails	First Aid	Night out
8:45 PM	Watch TV	Research	Emails	First Aid	Night out
9:00 PM	Emails	Studying	Business Admin	First Aid	Night out
9:15 PM	Writing	Studying	Business Admin	First Aid	Night out
9:30 PM	Writing	Studying	Business Admin	First Aid	Night out
9:45 PM	Writing	Studying	Business Admin	Studying	Night out
10:00 PM	Writing	Writing	Writing	Studying	Night out
10:15 PM	Writing	Writing	Writing	Studying	Night out
10:30 PM	Writing	Writing	Writing	Studying	Read Mags
10:45 PM	Clean teeth	Clean teeth	Clean teeth	Clean teeth	Clean teeth
11:00 PM	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed

Adults Free-time with Life-Partner Schedule Example 2

Some of the time slots in teal indicate possible things that can be accomplished with your life partner.

	MON	TUE	WED	THU	FRI
6:00 AM	Exercise	Yoga	Exercise	Yoga	Time w Partner
6:15 AM	Exercise	Yoga	Exercise	Yoga	Time w Partner
6:30 AM	Exercise	Feed pets	Exercise	Feed pets	Feed pets
6:45 AM	Feed pets	Laundry	Feed pets	Laundry	Bathe
7:00 AM	Bathe	Bathe	Bathe	Bathe	Dress
7:15 AM	Dress	Dress	Dress	Dress	Breakfast
7:30 AM	Quick Breakfast	Quick Breakfast	Quick Breakfast	Quick Breakfast	Breakfast
7:45 AM	Commute	Commute	Commute	Commute	Partner Carpool
8:00 AM	Arrive	Arrive	Arrive	Arrive	Arrive
WORK or SCHOOL					
5:30 PM	Meet at Gym	Errands	Meet at Gym	Errands	Pick up Partner
5:45 PM	Work out	Errands	Work out	Errands	Go to restaurant
6:00 PM	Work out	Errands	Work out	Errands	Dinner
6:15 PM	Work out	Errands	Work out	Cooking	Dinner
6:30 PM	Work out	Cooking	Work out	Dinner	Dinner
6:45 PM	Home, bathe	Dinner	Home, bathe	Dinner	Dinner
7:00 PM	Cooking	Dinner	Cooking	Dishes	Night out
7:15 PM	Dinner	Dishes	Dinner	Partner chat	Night out
7:30 PM	Dinner	Partner chat	Dinner	Partner chat	Night out
7:45 PM	Dishes	Partner chat	Dishes	Friend Emails	Night out
8:00 PM	Watch TV	Bills	Phone Calls	Biz Emails	Night out
8:15 PM	Watch TV	Bills	Phone Calls	Art	Night out
8:30 PM	Watch TV	Research	Biz Emails	Art	Night out
8:45 PM	Watch TV	Research	Biz Emails	Art	Night out
9:00 PM	Friend Emails	Studying	Business Admin	Art	Night out
9:15 PM	Biz Emails	Studying	Business Admin	Art	Night out
9:30 PM	Biz Emails	Studying	Business Admin	Art	Night out
9:45 PM	Writing	Studying	Business Admin	Art	Night out
10:00 PM	Writing	Art	Writing	Reading	Night out
10:15 PM	Writing	Art	Writing	Reading	Night out
10:30 PM	Stretching	Stretching	Stretching	Stretching	Arrive home
10:45 PM	Clean teeth	Clean teeth	Clean teeth	Clean teeth	Clean kitchen
11:00 PM	Go to bed	Go to bed	Go to bed	Go to bed	Stay up late

Youngsters Free-time Schedule Example 3

Kids, make sure you get enough time simply being a child. There are all kinds of interesting events and things to do to broaden your experiences in life. Always stay safe and protect each other and other children. People you meet now may be very important to you later in life so be nice to everyone. Get out and interact.

	MON	TUE	WED	THU	FRI
6:00 AM	Warm ups	Study	Warm ups	Study	Warm ups
6:15 AM	Exercise	Study	Exercise	Study	Exercise
6:30 AM	Exercise	Bathe	Exercise	Bathe	Bathe
6:45 AM	Bathe	Dress	Bathe	Dress	Dress
7:00 AM	Dress	Study	Dress	Study	Study
7:15 AM	Study	Study	Study	Study	Study
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45 AM	Commute	Commute	Commute	Commute	Commute
8:00 AM	Arrive at school	Arrive at school	Arrive at school	Arrive at school	Arrive at school
SCHOOL					
3:00 PM	Sports practice	Homework	Martial Arts	Homework	Sports
3:15 PM	Sports practice	Homework	Martial Arts	Homework	sports
3:30 PM	sports practice	Homework	Martial Arts	Homework	Sports
3:45 PM	Sports practice	Homework	Martial Arts	Homework	Sports
4:00 PM	Sports practice	Homework	Biz Meeting friends	Homework	Sports
4:15 PM	Bathe	Computer games	Biz Meeting friends	Music Lessons	Sports
4:30 PM	Homework	Computer games	Biz Meeting friends	Music Lessons	Bathe
4:45 PM	Homework	Computer games	Biz Meeting friends	Music Lessons	Arcade
5:00 PM	Family Dinner	Family Dinner	Family Dinner	Music Lessons	Arcade
5:15 PM	Family Dinner	Family Dinner	Family Dinner	Dinner	Friends Dinner
5:30 PM	Watch TV	Chat with friends	TV or Internet	Biz Emails	Friends Dinner
5:45 PM	Watch TV	Chat with friends	TV or Internet	Biz Emails	Biz Meeting friends
6:00 PM	Watch TV	Biz Emails	TV or Internet	Friends Emails	Biz Meeting friends
6:15 PM	Watch TV	Biz Research	TV or Internet	Art/Music practice	Biz Meeting friends
6:30 PM	Watch TV	Biz Research	Biz Admin	Art/Music practice	Biz Meeting friends
6:45 PM	Watch TV	Study	Biz Admin	Art/Music practice	Biz Meeting friends
7:00 PM	Internet/Email	Study	Biz Admin	Art	Movie night
7:15 PM	Internet/Email	Study	Biz Admin	Art	Movie night
7:30 PM	Internet Research	Art	Writing	Reading	Movie night
7:45 PM	Internet Research	Art	Writing	Reading	Movie night
8:00 PM	Homework	Homework	Homework	Homework	Movie night
8:15 PM	Homework	Homework	Homework	Homework	Movie night
8:30 PM	Homework	Homework	Homework	Homework	Movie night

Free-time Schedule Fill-In

	MON	TUE	WED	THU	FRI
6:00 AM					
6:15 AM					
6:30 AM					
6:45 AM					
7:00 AM					
7:15 AM					
7:30 AM					
7:45 AM					
8:00 AM					
WORK					
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM					
6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					
9:45 PM					
10:00 PM					
10:15 PM					
10:30 PM					
10:45 PM					
11:00 PM					

To detail your entire day, even while at work, fill in this next schedule and use colored highlighters to code the various categories of tasks or actions.

Work Week, Quarter Hour Increments

	MON	TUE	WED	THU	FRI
6:00 AM					
6:15 AM					
6:30 AM					
6:45 AM					
7:00 AM					
7:15 AM					
7:30 AM					
7:45 AM					
8:00 AM					
8:15 AM					
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM					
9:30 AM					
9:45 AM					
10:00 AM					
10:15 AM					
10:30 AM					
10:45 AM					
11:00 AM					
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM					
12:30 PM					
12:45 PM					
1:00 PM					
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM					
2:15 PM					
2:30 PM					
2:45 PM					
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM					
4:30 PM					
4:45 PM					
5:00 PM					
5:15 PM					
5:30 PM					
5:45 PM					
6:00 PM					
6:15 PM					

6:30 PM					
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					
7:45 PM					
8:00 PM					
8:15 PM					
8:30 PM					
8:45 PM					
9:00 PM					
9:15 PM					
9:30 PM					
9:45 PM					
10:00 PM					
10:15 PM					
10:30 PM					
10:45 PM					
11:00 PM					

Thanks for reading this e-book. If you enjoyed it, please visit our websites at

<http://www.poweressence.com>

<Http://superconcepts.poweressence.com>

<http://forums.poweressence.com>

Here you can:

- Meet up with like-minded individuals on our forums
- Discuss the incredible potential of Super Concepts
- Read many other e-books devoted to personal power, science, business, art, and freedom
- Download free media, software and other tools
- Read exciting articles and news

We hope to see you online soon!

© All content Copyright Power Essence® 2002-2009

<http://www.PowerEssence.com>