



# Time Management for Catholics: Make the Most of Every Second by Putting Christ First

*Dave Durand*

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Offering dozens of practical techniques for managing time, avoiding burnout, and reconnecting with your Creator, bestselling author Dave Durand reveals the methods he has used over the past 10 years in his work with thousands of busy Catholics. In this faith-based guide, Durand dispenses simple advice that's easy to adapt and apply immediately—from finding extra hours for quality family time and reducing workweek hours to retooling a schedule for fitness and exercise—each technique is sure to create more structured days, weeks, and months while, most importantly, encouraging every Catholic to be the person God intended.

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