

## **ABOUT LAURA VANDERKAM'S INTERVIEW:** ***"How to Find More Productive Hours in Your Week"***

**Time:** 19 minutes, 5 seconds

Laura Vanderkam, author of *168 Hours* discusses her time management principles and tools to help independent business owners gain control of their calendars and feel more purpose and energy in their lives.

Vanderkam covers specifically:

- Understanding self-generated myths about how much time we really have
- Tracking our time to find more time
- Focusing on our "core competencies" in both business and our personal lives
- Generating and achieving professional and personal dreams, both big and small from a list of 100

## ABOUT LAURA VANDERKAM

### Author/Speaker on Time Management and Productivity



Laura is the author of several time management and productivity books. *Off the Clock: Feel Less Busy While Getting More Done* (Portfolio, May 29, 2018) explores, through more than 900 time diaries collected on a single March day, why some busy people feel relaxed about time, while others do not. *I Know How She Does It: How Successful Women Make the Most of Their Time* (Portfolio, 2015) tackles the question of how women combine work and life through an analysis of 1001 days in the lives of women with demanding careers and children at home. *What the Most Successful People Do Before Breakfast* (Portfolio, 2013) profiles prominent people who use time creatively to achieve their goals. *168 Hours: You Have More Time Than You Think* (Portfolio, 2010) argues that time is best approached from the holistic perspective of a week (168 hours) rather than any single day.

Laura is also the author of a time management fable, *Juliet's School of Possibilities*, which will be released by Portfolio in early 2019. Another novel, *The Cortlandt Boys*, is available as an ebook.

Laura's work has appeared in publications including *The New York Times*, *The Wall Street Journal*, *USA Today*, *City Journal*, *Fortune* and *Fast Company*.

She has appeared on numerous television programs, including *The Today Show* and *Fox & Friends*, hundreds of radio segments, and has spoken about time and productivity to audiences of all sizes. Her TED talk, "How to gain control of your free time," has been viewed more than 5 million times. She is the co-host, with Sarah Hart-Unger, of the podcast *Best of Both Worlds*.

She lives outside Philadelphia with her husband and four children. She blogs most days at [LauraVanderkam.com](http://LauraVanderkam.com).

# MORE INFORMATION ABOUT LAURA VANDERKAM

Website: [LauraVanderkam.com](http://LauraVanderkam.com)

Laura's Book:

