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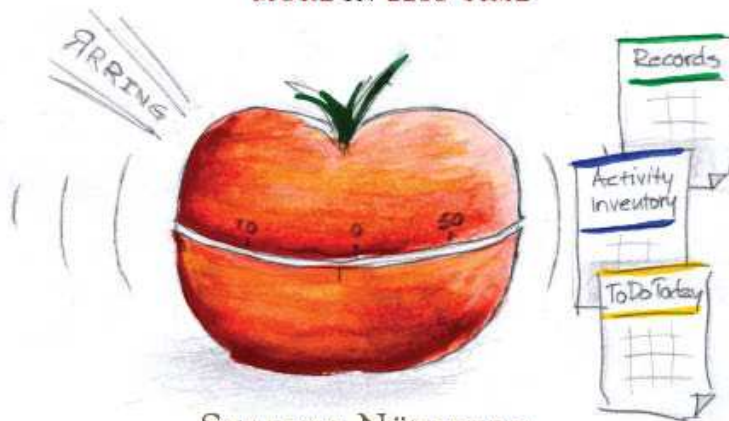
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# POMODORO TECHNIQUE ILLUSTRATED

THE EASY WAY TO DO  
MORE IN LESS TIME



STAFFAN NÖTEBERG

Forewords by **Francesco Cirillo**  
(creator of the Pomodoro Technique)  
and **Henrik Kniberg**



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