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Pomodoro Technique Illustrated

Can You Focus—Really Focus—for 25 Minutes?

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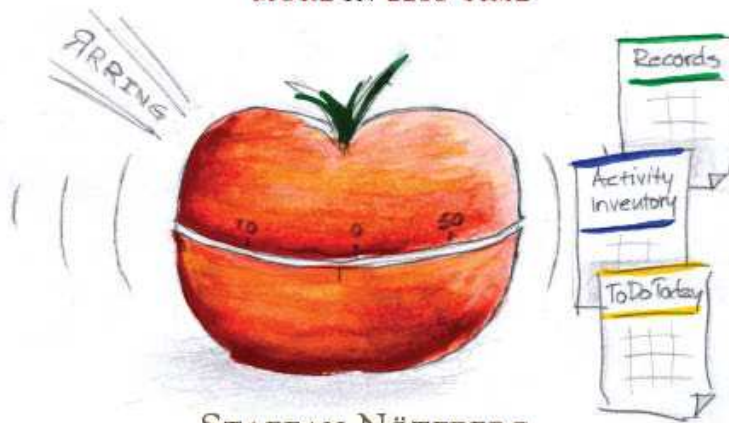
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POMODORO TECHNIQUE ILLUSTRATED

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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