



Steven Griffith Publishes Time Saving Article For McGraw Hill Business Preceding Upcoming Book, The Time Cleanse

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Author, researcher and executive coach Steven Griffith has released a new article on the McGraw Hill Professional Business Blog regarding ways to save time in life and in business. The article mentions tools, tips, and tactics that he discovered during the research of his upcoming book that offers a proven system for getting rid of wasted time so that people are able to achieve their full potential. The article discusses the difference between time performance and time management, and focuses specifically on helping business people get more done in less time.

Griffith himself explains, "We are relying on outdated time management strategies that no longer work in today's technology-driven world, which is creating an unsupportive relationship with time... In traditional time management, time is considered a scarce resource. You're always "on the clock" which creates intense time pressure and a need to get a lot done in every minute. This makes time an adversary that you are constantly battling against."

In the article, Griffith explains that time management has several limiting characteristics, which are: the idea that time is fixed and scarce; having the objective of getting things done; focusing on the problem of time scarcity; the creation of a mindset that time acts upon the person; the idea that time is something that has to be constantly managed; the fact that it regards all hours as the same for all tasks; and the fact that it focuses on the prioritization of tasks instead of actual performance.

On the other hand, time performance, according to Griffith, is being present in the moment where people increase the quality of their experience and performance with time. Time performance, which Griffith calls 'timefulness' has the following qualities: time is regarded as expandable, flexible and abundant; it focuses on the person's relationship with time; it fosters the mindset that a person's perspective of time comes from himself; that time is something to perform with; it focuses on speeding up performance within an amount of time; the belief that people can change the quality and experience of time; and its prioritization of enjoyment, satisfaction, and life purpose.

Among the tips that Griffith shares in his article in the McGraw Hill blog is being conscious as to why a person would make time for something or not. He also encourages people to use a 'time excuse diet' from which his book, 'The Time Cleanse: A Proven System to Eliminate Wasted Time, Realize Your Full Potential, and Reinvest in What Matters Most', got its name.

The proven system discussed in Griffith's book, shows people how to do more, get more, and be more by altering their relationship with time. With this change in their relationship with time, people would be able to get back 20 hours a week or more of their free time. The system makes people realize how to maximize their productivity for each hour of the day so that they can gain the freedom to do what they want when they want to.

Steven Griffith is a world renowned speaker, author, researcher, and performance expert. He is regarded as one of the top authorities on relationship between time, productivity, and performance. He has more than 25 years of experience in helping the most successful executives all over the world, military leaders, CEOs, celebrities, professional athletes, and organizations all over the world discover their true potential and attain their peak performance levels. He offers an effective and strategic approach to altering people's relationship with time, with the result of individuals and organizations being able to close performance gaps and achieve their full potential.

According to thousands of client engagements for more than two decades, Griffith's The Time Cleanse has been shown to be the first solution that has been made available to the world that according to Griffith, 'adds time to your life and life to your time both in your business and in your life.'

Those who need more information can visit www.StevenGriffith.com or www.TimeCleanse.com.

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For more information about The Time Cleanse, contact the company here: The Time Cleanse Steven Griffith 310-600-2865 info@stevengriffith.com Newport Beach, CA

The Time Cleanse

Steven Griffith is a speaker, researcher and performance expert, author of [The Time Cleanse: A Proven System To Eliminate Wasted Time, Realize Your Full Potential, And Reinvest In What Matters Most](#), and a leading authority on productivity and performance.

Website: <https://www.stevengriffith.com/>

Email: info@stevengriffith.com

Phone: 310-600-2865

