



Adam Carolla Podcast Features Time Management Expert Steven Griffith, Author of the Time Cleanse

January 22, 2020

January 22, 2020 - PRESSADVANTAGE -

Hollywood, CA

This week the Adam Carolla podcast, a Guinness World Record Holder for the Most downloaded podcast, featured Golden Glove boxer, speaker, time and performance expert Steven Griffith, author of the new time management book by McGraw Hill, The Time Cleanse. The show emphasized the importance of time in our lives, and the myriad ways in which society is wasting it.

Griffith's book, The Time Cleanse: A Proven System To Eliminate Wasted Time, Realize Your Full Potential, And Reinvest In What Matters Most, is noted as being the first "Timefulness" solution in the world that both "adds time to your life, and life to your time" while increasing performance, reducing stress and improving focus. His strategy in The Time Cleanse, teaches how to get 10-20 hours or more of your free time back to reinvest into what matters most.

"Time is our most valuable and precious asset," Griffith said. "It's the number one excuse people use for not being in shape, getting the job they want, being in a relationship, and the Time Cleanse is about removing that excuse, getting people the time back, and teaching them how to perform with it."

Adam Carolla admitted that time management and productivity is a bit of an obsession with him. "I will say that, it comes up frequently with me," Carolla said. "Kevin Neiland asked me, how do you find time to write a book? I do it in my car. You pay people, you find little sections of time, and you use that time. Find these windows and do them."

The show focused on tips for getting things done, including timing and motivational strategies, as well as the mindset of being on time and being productive with as little as a few minutes.

"One of the things I've realized, and if you do radio you know, how much I can get done in a 5 minute break," Carolla said. "Watch one round from the UFC. That's 5 minutes. That's going to feel like eternity. You can do it all in way under 5 minutes."

Steven also explained why Time Management no longer works in the digital age, with technology like cell phones and social apps hijacking people's attention and time 24 hours a day. Instead, people need to reframe their relationship with time to be able to view time as "on their side" to help them perform better in the present moment rather than as "time pressure" that is constantly against them.

"The focus is Timefulness. It's being present, intentional, and aware with your time, and having time on your side," said author Griffith. "Most people are fighting against time. It's inviting people to think, time is here for you. It's for us to be the best that we can."

The show ended with Adam Carolla and Gina Grad asking for a class on time to be taught in schools and colleges. "How many people are just chronically late in their life?" Adam asked. "Why not a class on time? It would dramatically change the society we are in if everybody respected that."

Watch the complete Time Cleanse Interview with Adam Carolla.

For more information visit StevenGriffith.com and TimeCleanse.com.

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For more information about The Time Cleanse, contact the company here:[The Time CleanseSteven](http://TheTimeCleanse.com)

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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.*

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