

Inbox Detox And The Habit Of E-Mail Excellence

by Marsha Egan

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Inbox Detox is an excellent guide for the sole entrepreneur, as well as a corporation with thousands of employees. The advice Marsha offers is bound to save people time and focus their attention on tasks of higher priority.

—Rosemarie Rossetti, Ph.D.

President, Universal Design Living Laboratory

What's most unique and valuable about this book is that Marsha has developed a process for managing your e-mail. Follow her steps and two things will happen: You will be more productive and have less stress.

—David Markovitz

President, GMP Training Systems, Inc.

Inbox Detox is the first e-mail productivity book I've read that deals with e-mail overload as a habit that can (and needs to) be changed.

—Karen Friedman

Communications Coach, Karen Friedman Enterprises, Inc.

Anytime someone can help me increase my productivity—and especially that of my staff! -- I'm all ears, or in this case, all eyes. Marsha's *Inbox Detox and the Habit of E-mail Excellence* is THE way to help all of us stop our bad e-mail habits. Her practical, hands-on solutions for taking control of our inboxes—and not the other way around -- shows us how to regain some real, measurable productive time—fast. She's also been a fun, entertaining and informative guest on our national radio show "Into Tomorrow with Dave Graveline" and we welcome her back anytime. I can't wait for her NEXT book!

—Dave Graveline

Host - Executive Producer, ADVANCED RADIO NETWORK

EXCERPT: While companies are losing worker productivity, employees are extending the length of their workdays, going to the office on weekends, and checking their e-mail while on vacation because they can no longer manage the volume of communication that requires their attention. This is how e-mail habits have become toxic to individuals and businesses alike.

Your inbox is making you sick,
and *Inbox Detox* is the cure.

