



# The Pomodoro Technique

*Francesco Cirillo*

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# The Pomodoro Technique

*Francesco Cirillo*

## **The Pomodoro Technique** Francesco Cirillo

Vintage Limited Edition The Pomodoro Technique is a time management method. For many of us time is an enemy. The anxiety triggered by "the ticking clock" and deadlines to be met leads to ineffective work and study habits and procrastination. The Pomodoro Technique transforms time into a valuable ally. You'll be amazed to see how your everyday work improves, and how you can avoid anxiety by using a few simple rules. Find out more: you can learn the complete technique in just a few days-you'll see immediate results. Francesco Cirillo created the Pomodoro Technique in 1992 after a long search to improve his own study habits. Starting in the late '90s the technique was embraced by professional teams. It can help us accomplish what we want to do and chart continuous improvement in the way we do it. This vintage version is a limited edition in the original format of the 2006 Pomodoro Technique. It will be replaced with a version in a different format in the near future.

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