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Description:

Review

"This is an easy read with a life-changing message to all of us who have "too much to do and not enough time." Since Staffan introduced me to the Pomodoro Technique, I have become a better person, both professionally and in my private life. This is a book I wish I had read years ago!"

—Thomas Nilsson CTO, Agile Mentor, Responsive Development Technologies AB

"The Pomodoro Technique is the one action-planning technique that fits exactly as conceived into Agile approaches to projects. If you want to learn the technique and become excellent at it, you need this book. Staffan brings humor, examples, and a step-by-step approach to making the Pomodoro Technique work for you. Your overall estimates will become better, and you'll get more work done."

—Johanna Rothman, Author, Consultant

"The Pomodoro Technique is amazing in its simplicity and its power to make you more productive, and this book is the perfect introduction to the technique."

—Dave Klein Author, *"Grails: A Quick-Start Guide"*

About the Author

Staffan Noteberg has 20 years of experience as a freelance software developer, Agile coach, and conference speaker. He lives in Stockholm, Sweden and Istanbul, Turkey. And he's not only focused on his own productivity; he's also passionate about helping all kinds of office people to improve their personal time management.

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