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with Rick A. Morris



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November 4th 2016: How To Reduce Decision Fatigue - Jones Loflin

According to research at Cornell University, Americans make over 226 decisions related to food each day. Combine those decisions with all the choices we make at work, in our relationships, and about our own personal well-being, and is it any wonder we don't make the best choices about what really matters. In our segment today, Jones Loflin, co-author of Juggling Elephants and Getting to It, offers a number of simple ways you can make less decisions each day, thereby conserving your mental and emotional energy for making more important choices.

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Featured Guest



Jones Loflin

Jones Loflin has made it his life's work to deliver powerful ideas and practical solutions to individuals around the world so they can achieve more of what is most important to them.

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