

# The Pomodoro Technique Illustrated: How to Do More in Less Time



You have so much you need to accomplish today. Your list is a mile long and you find yourself getting interrupted every other minute. You'd like to tell everyone to leave you alone, but most of the interruptions are coming from you! You think of a phone call you need to make or a website you need to check and before you know it you're answering email, checking Twitter, and finding a million other things to occupy your time.

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