

Have more time, a piece of advice in a book by Fuad Al-Qrize

HAVE More Time

Fuad Al-Qrize

&

Maher Asaad Baker



Ibb, Yemen Aug 3, 2022 ([IssueWire.com](https://www.IssueWire.com)) - This is not the first time that Fuad Al-Qrize has presented a set of tips and instructions to his readers. His followers are accustomed to receiving a lot of information that he presents in his interesting style through the books he publishes, despite his young age. He is considered one of the youngest Yemeni writers in age, yet he has presented more than 12 books on various topics over the years.

Fuad Al-Qrize is not only a writer, but he is also a TV, media, and music producer, and a journalist, at the same time, however, he has always found time to present many different and distinctive artistic productions. Perhaps this idea that he wanted to convey in his new book, entitled "Have more time", in which he collaborated with writer and journalist Maher Asaad Baker, In the book, Fuad and Maher share their ideas on how to organize our use of the time available to each of us by providing headlines for some of the trends that can make a better investment of time pleasure in itself.

The book discusses the ways that could make our day as productive as we need or want it to be, by making every second count and avoiding spending it on things that don't actually matter, and the fact that time is a limited resource, we all have the same amount of it and knowing that while some of us have created the time for the activities we enjoy, others have let the incessant demands, pressures, and obligations of life control their schedules.

The book also discusses the subject of productivity in relation to time and how to use time to increase productivity regardless of the amount of time available. This is the way to make the best use of the free resource available to everyone, which is time.

Although the book presents a way to increase efficiency in investing time, it also focuses on the method of time management by introducing the idea of rest between work periods, although many believe that we should use all our time at work, they forget that time also must be available for having fun and relaxation to renew the activity and start again.

The authors also highlight the necessity of setting time management goals, which is critical to developing certain capabilities such as planning, prioritizing, and organizing, which help us manage our time and complete critical activities.

Fuad Al-Qrize and Maher Asaad Baker say in their book: One of the easiest time-management techniques that have the potential to totally transform your life is the focus time technique.

Perhaps the idea of launching a collaborative book between two writers on time management is the most important idea that the two writers wanted to put forward, as it is possible to obtain more time through participation and division of efforts, which achieves higher concentration and more and better productivity.

It is worth mentioning that the book is available in important electronic stores such as Amazon and others, in addition to its presentation through national international libraries such as the German National Library, so that it is available and accessible to those wishing to read it and benefit from the technologies presented in it.

<https://www.facebook.com/f.alqrize>

<https://twitter.com/fuadalqrize>

<https://www.facebook.com/Maher.Asaad.Baker>

<https://twitter.com/MaherAsaadBaker>

Media Contact

Ronie Neama

ronieneama@inbox.lv

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