



Email Extinguisher:

put out the fires and rescue your time

Overwhelmed by the flood of messages?

Dread checking email or get distracted when your phone pings?

In a world where the influx of emails and messages **seems never-ending**, it's time for a change to conquer the digital distractions and **take back your agenda**.

Time for your inbox liberation!

“...like church to me saying "amen" & "hallelujah" after each statement”

I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your training felt like church to me saying "amen" & "Hallelujah" after each statement.

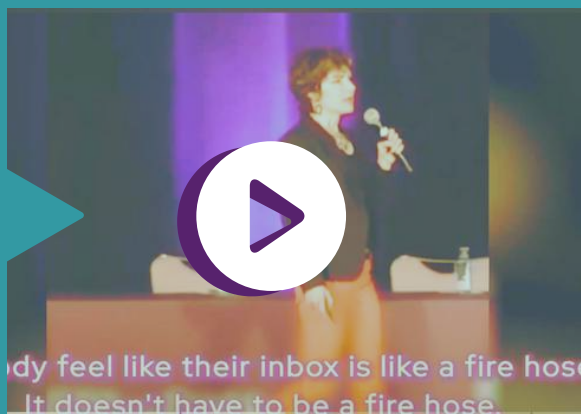
- T.M.

SR. Clinical Trial Manager, Vertex Pharmaceuticals

LEARN TO:

- ✓ **Conquer** digital distractions
- ✓ Manage your inbox with **proven tips & shortcuts**
- ✓ Shift behavior to **end the email ping-pong**

PLAY VIDEO



PERFECT FOR PEOPLE WHO:

- Live and breathe email
- Are at the mercy of notifications
- Feel buried under an email avalanche