

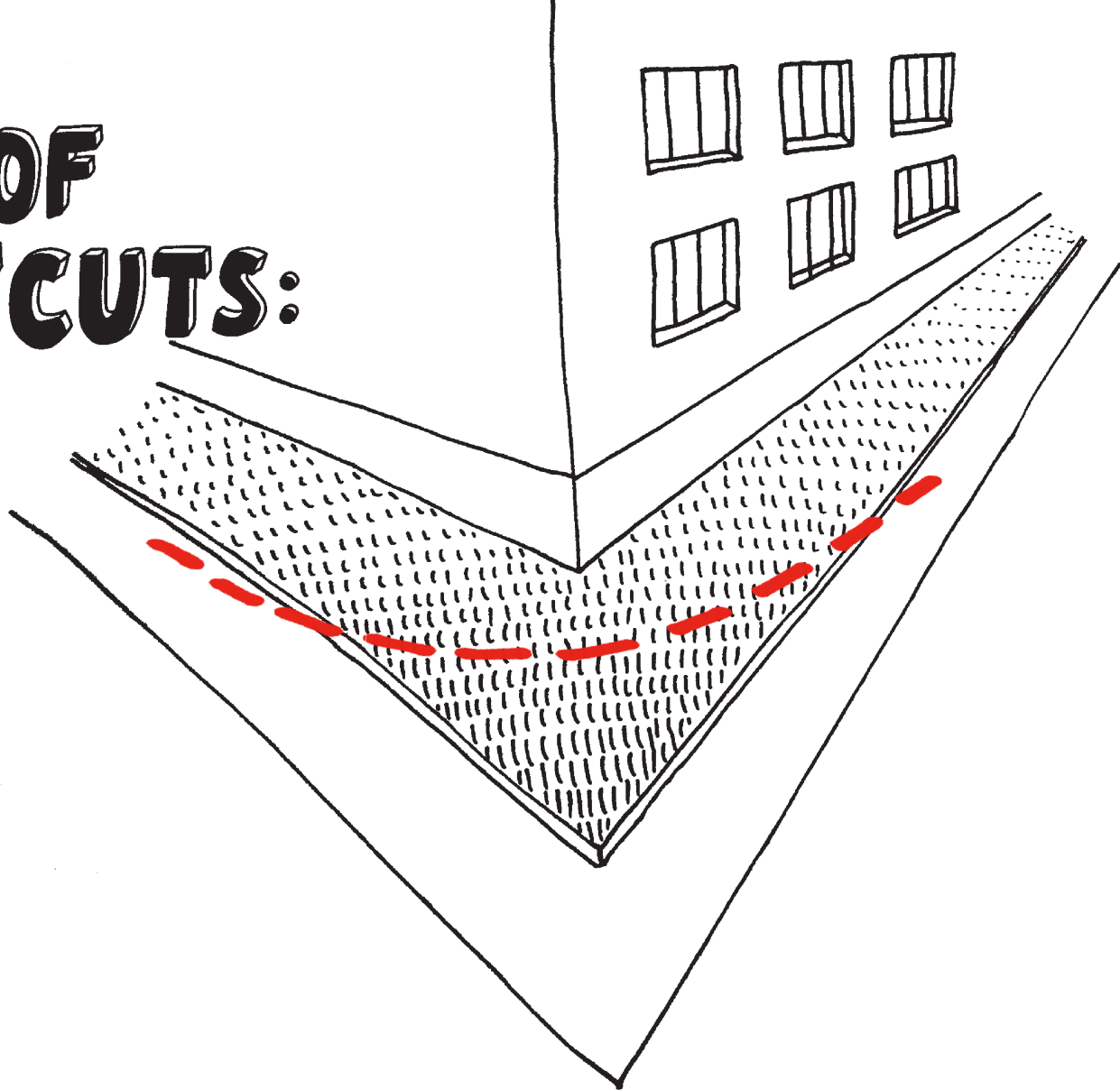
MARIANA TUTSCHOVÁ

SHORTCUTS



TYPE OF SHORTCUTS:

CORNER



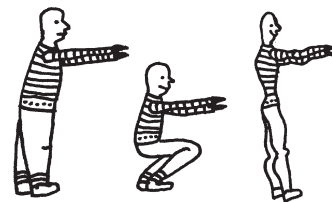
TIME SAVED:



HOW TO USE THIS TIME?

1 SQUAT

AN IDEAL EXERCISE
STRENGTHENING THE LOWER
PART OF THE BODY



IMPROVE YOUR
QUICK-DRAWING
SKILLS

JUMP IN THE AIR

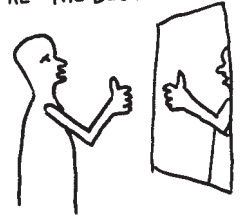


HAVE A DRINK,
BECAUSE IT'S IMPORTANT
TO STAY HYDRATED

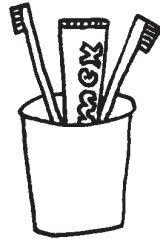


PRAISE
YOURSELF

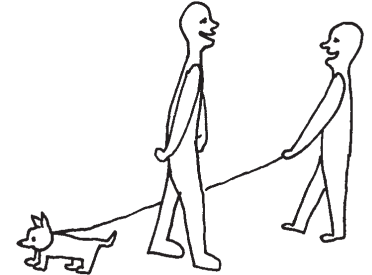
YOU'RE THE BEST



STAND YOUR TOOTHPASTE
ON ITS LID. THAT WAY IT
WILL ALWAYS BE READY TO
USE WITHOUT THE NEED
FOR COMPLICATED SQUEEZING.
THIS WILL SAVE YOU MORE
VALUABLE SECONDS EVERY DAY.



SMILE AT STRANGER



I LOVE YOU



TELL THOSE
CLOSE TO YOU

HOW YOU FEEL ABOUT THEM ♡



1 INTAKE
OF BREATH

AN EXCELLENT USE OF TIME
IF YOU HAPPEN TO FIND
YOURSELF UNDERWATER

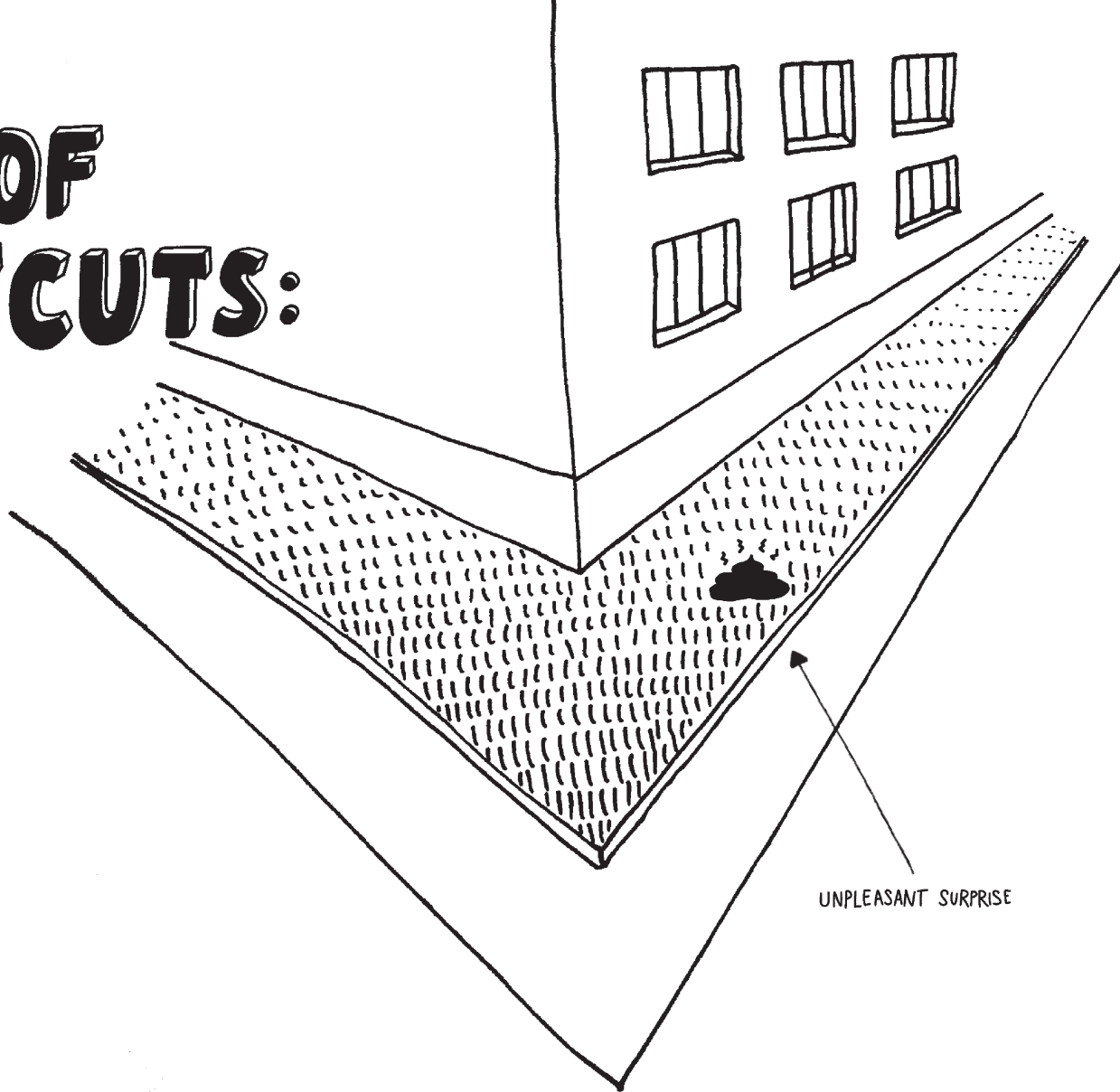
BUT

IF YOU'RE NOT SOMEONE WHOM
BAD LUCK GIVES A BERTH,
THIS COULD HAPPEN TO YOU:

TYPE OF SHORTCUTS:

CORNER

a) BAD DAY



UNPLEASANT SURPRISE



AND IT STILL
STINKS.

TIME LOST
4 MINUTES

THIS BOOK WILL IMPROVE
THE QUALITY OF YOUR LIFE.



BY USING SHORTCUTS, WE
CAN MAKE USE OF TIME
WE OFTEN SQUANDER.

LUCKILY, YOU HAVE GOT
HOLD OF A BOOK WHICH
GIVES TIPS ON HOW TO USE
THIS TIME TO GREATEST EFFECT.