

BOOK PROPOSAL (Group C)

PROJECT MEMBERS (GROUP MEMBER)

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PROPOSED TITLE

Happy time management: Schedule your happiness

AUTHOR, EDITER (WRITING TEAM)

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ONE-SENTENCE DESCRIPTION

This book will amplify your happy time: read it.

CATEGORY (GENRE)

Welfare / Education / Life Guidance / Practical

AUDIENCE (TARGET)

University Students / Workers / Moms / Retirees

- ♦ University students- According to a research report, study or research and job hunting were the biggest cause of stress to university student. It is common to see students who are studying or researching until late at night.
- ♦ Workers- It was revealed by a survey from the government that more than 60% of workers feel stress or anxiety on their work so that their personal time was also affected.
- ♦ Moms (housewives)- It is well-known that many housewives get stress from endless housework and child care. Especially many of them misunderstand that they have no their own time during child care.

PRIMARY: About 40 million workers who feel stress or anxiety on their work so that their personal time was affected, who spend more than 9 hours a day, and who are in trouble with their work performance in terms of time management.

SECONDARY: About 10 million housewives who are suffering from endless housework and child care, especially who have no their own time during child care, who have both own work and house work.

ETC: Over 3 million university and graduate school students who are suffering from stress of study and job hunting, and who are common to send all day for study or research. Plus, about 0.5 million high school students studying for enter university are also included.

PURPOSE AND NEED (CONCEPT and CONTENTS)

- ◆ To be happy
 - ◆ To live a more valuable life
 - ◆ To have free time
 - ◆ Enjoy personal life, friends
 - ◆ Mental health
 - ◆ To be more productive
 - ◆ To be a better person
- ◆ To deal with:
 - Stress, Sadness
 - Depression
 - Procrastination
 - Loneliness
 - Boredom

Current fast-paced life, in a world where things need to be done quickly, adds stress to people from all ages. Therefore, learning how to manage our time is very important. This would help to create a harmonic balance between work and personal life leading to a sense of fulfillment and happiness. In addition, extra time will allow us to be more productive and improve our mental health. This book will guide you to achieve a significant life.

UNIQUE ANGLES

In this book, the author:

- ▶ Discuss not only about time management, but also how to be happier through better using time.
- ▶ Straightforwardly locates the fact of time management problem that people range from university students to the retirees generally have.
- ▶ Guides you how to find your true happiness from taking control over your life, but never let life control you again.
- ▶ Presents the best strategies to balance personal life and work, based on the experience gathered from normal people.
- ▶ Tells practical ways of dealing with life enemies like depression, loneliness, and boredom.

PROPOSED OUTLINE (TABLE OF CONTENTS)

❖ **Introduction:**

- ◆ Background: fast-pace world, limitation in time resource

❖ **Chapter 1: Aftermath of poor time management: How it harms our life and happiness?**

- ◆ Depression
- ◆ Loneliness
- ◆ Boredom
- ◆ How to deal with them?

❖ **Chapter 2: Bad habits**

- ◆ How to identify them?
- ◆ How to fix them?
 - Learning to set priorities
 - Getting support from friends, co-workers

❖ **Chapter 3: Productivity killer --- Procrastination**

- ◆ What is it?
- ◆ Why it happens?
- ◆ How to overcome?
 - Motivation, Self-discipline
 - Scheduling, Collaboration (friendship, co-workers)

❖ **Chapter 4: Time management tools**

- ◆ Smartphone applications, Browser extensions
- ◆ Timers, Alarms, Reminders
- ◆ Diary, Task list, Post-it
- ◆ Meditation, Exercise (Yoga, ...) ---> Mental & Physical Exercise

❖ **Epilogue: Are you happier now?**

- ◆ No? YOLO. Tomorrow is another day.
- ◆ Yes? Enjoy and Share!