



# How I Quit eMail & Followed My Dreams

*Kate Bowyer*

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# How I Quit eMail & Followed My Dreams

*Kate Bowyer*

## **How I Quit eMail & Followed My Dreams** Kate Bowyer

I wrote this book to prove to myself that if I stopped my number one distraction (email), then I could do anything. You know what? It worked. Table Of Contents: Let's Begin @ The Beginning, Part 1 Chapter 1...When Email Goes Wild Chapter 2...Use It Or Lose It Chapter 3...I Ain't No Accountant Chapter 4...Connect 4 You're Not the Boss of Me, Part 2 Chapter 5...You Are What Your Inbox Eats Chapter 6...I Am My Own Superhero Chapter 7...Selfish Is Not a 4 Letter Word Chapter 8...I Don't Rent, I Own My Dream Doing it My Way, Part 3 Chapter 9...How to Score With Your Inbox Chapter 10...Road Trippin Chapter 11...Folders Are for Losers Except The Way I Do It Chapter 12...Beware of the Stalker Chapter 13...When You Got it Flaunt It The End of the Beginning, Part 4 Chapter 14...Watch Out for the Pointy End Chapter 15...Where's That Bendy Straw? Appendix Bad Habits Under the Harsh Lights

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