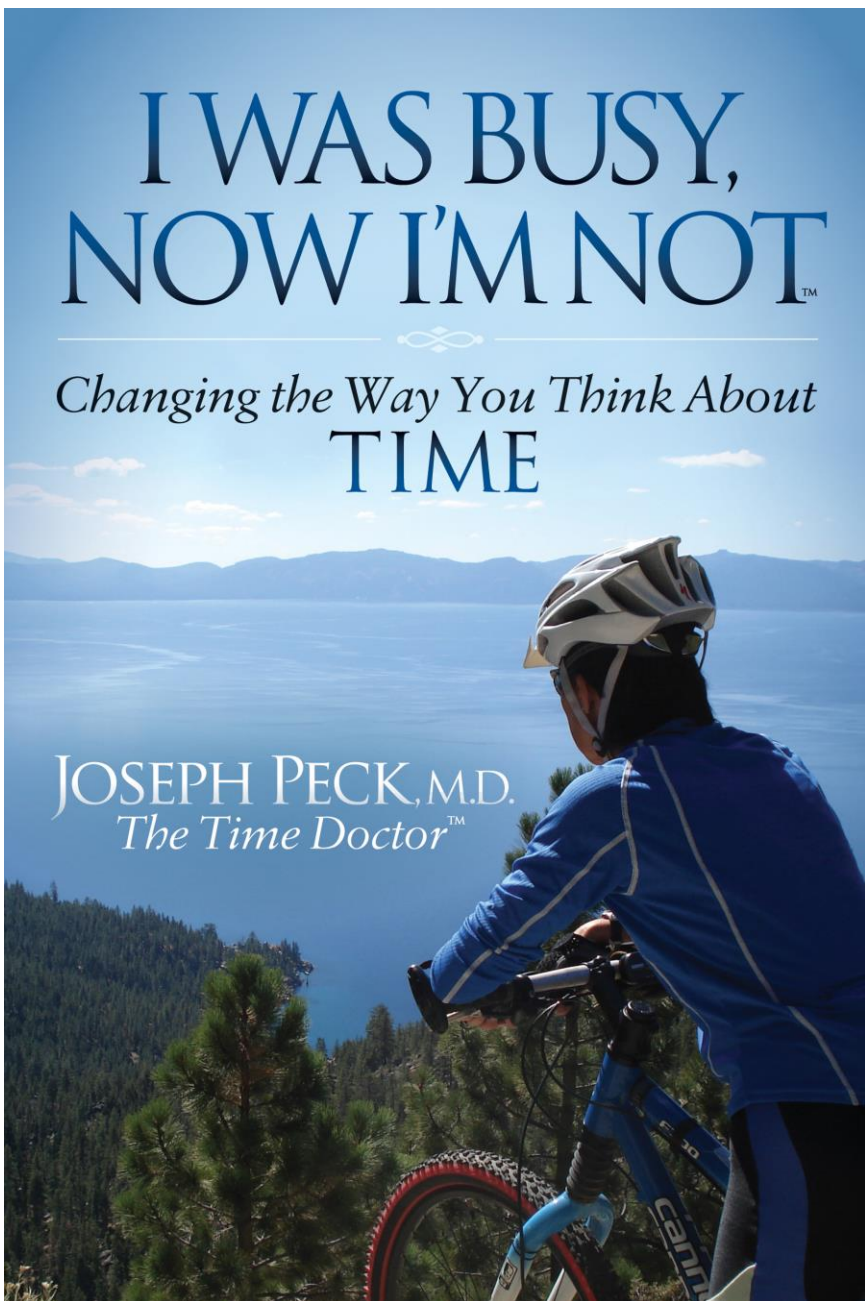


I WAS BUSY, NOW I'M NOT™



Changing the Way You Think About
TIME

JOSEPH PECK, M.D.
The Time Doctor™



I WAS BUSY, NOW I'M NOT

CHANGING THE WAY YOU THINK ABOUT
TIME

JOSEPH PECK, M.D.

THE TIME DOCTOR™

Dedication

This book is dedicated to Holy Spirit,
my best friend and the One who taught me
the best way to leverage (multiply) my time
is to give God more of it.

Key Messages

TIME is your LIFE.
When you waste your time, you waste your life.

To be spiritually healthy, you must ruthlessly
eliminate hurry from your life.

Key Scripture

*So teach us to number our days that we may
gain a heart of wisdom. (Psalm 90:12)*

An Elixir to Forever Change Your Mindset

There is an elixir in this book that if you dare to take a deep drink of it, will forever change your mindset and thought patterns about what you have believed time to be, while refreshing and strengthening you to the core of your inner being.

When you actually believe how precious a gift time is (that has equally been endowed to every man, woman, and child daily), only then can you begin to excel in leveraging time with all the nuggets packed in this book.

Proper understanding of these time principles coupled with the ability to hear God's voice and journal daily creates a laser focus for an extremely productive, healthy, and massively effective lifestyle bringing glory to God, and accomplishing far more than you ever thought possible, all with time to spare.

By focusing first and foremost daily on Abba and by getting His direction you can save great heartache and useless frenzied activity that looks good but accomplishes little.

Having the extra time also opens the door to be more relaxed and available, at the same time being more sensitive to Holy Spirit's direction.

This then releases the ability to recognize the dream portals when they open, and to aggressively pursue your destiny, all the while smashing the barriers holding you back from working with an intentional attitude of resting in faith in Him.

I believe countless people who are led of Holy Spirit, and who truly want to revolutionize their lives with ageless time redemption strategies, have an empowering toolkit placed in their hands!

I have watched Dr. Joseph Peck continue to excel with the abilities and talents the Lord has graciously imparted to him, and live life to the fullest with passion, always delivering as promised. His life exemplifies the time-tested truths in this excellent book, and it is a joy to know and work with him!

Russel Stauffer
Master Joint Venture Broker

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*The Time Doctor*TM

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In this book, I give you the best advice I can to help you see the value of your time and to be a good steward with that. While I have seen these tips and strategies work for many people I have coached, I cannot guarantee they will work for you. That will depend on your ability to understand what I am saying and to follow my instructions as I intend.

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Thank you David Hancock for believing in me, this book, and my dream to help millions of people around the world become better stewards with their time and live their dreams. Thank you for opening the gate for this book to be published and marketed by Morgan James Publishing. It is easy for me to see why you are “recognized by NASDAQ as one of the world’s most prestigious business leaders and reported to be the future of publishing.”

I WAS BUSY, NOW I'M NOT

CHANGING THE WAY YOU THINK ABOUT TIME

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Endorsements

In *I Was Busy, Now I'm Not™*, Dr. Joseph Peck, *The Time Doctor™*, provides eternal wisdom for one of life's greatest challenges—stewardship of our days. While God can redeem our days, why make it any harder for Him to do His job? Embrace the lessons in this book and you will be in partnership with God.

Kevin W. McCarthy
America's Chief Leadership Officer
Author, *The On-Purpose Person: Making Your Life Make Sense*
www.on-purpose.com

One of our biggest Dragons in life is procrastination. Dr. Joseph Peck will help you slay this Dragon in his new book, *I Was Busy, Now I'm Not™*. You will learn how to be a master of your time and never let it enslave you again. This is a must read for every busy entrepreneur!

Lisa Jimenez M.Ed.
Author, *Dragon Slayer!* and *Conquer Fear!*
www.Rx-Success.com

Dr. Joseph Peck is a dear friend of mine and we have worked together closely on several projects. I know he practices what is in *I Was Busy, Now I'm Not™*. Many say “time is money” and that is true to a point. According to Ecclesiastes 3:1-8, God never intended for time to be our master, but intended for us to master time. Dr. Peck has put together a masterpiece showing us how to master time in a simple practical way. As you read through this book, you will find principles and strategies that will bring acceleration and ease to your journey, you will find yourself in a place of rest, joy and satisfaction, and you will find

yourself achieving more than you could ever imagine. This book is not only a must read but also a tool for life.

Dr. John Burpee
Founder, John Burpee Ministries
www.johnburpee.com

In *I Was Busy, Now I'm Not™*, Dr. Joseph Peck has issued a clarion call to value and appreciate our most precious commodity, time. The reader will discover helpful insights and practical coaching tools to master their time and leverage their life. Masterfully done! A must read for anyone desiring to redeem their days and make time matter.

Janet G. Daughtry
Cofounder of Life Breakthrough Academy
and the Biblical Coaching Alliance
www.lifebreakthroughcoach.com
www.biblicalcoachingalliance.com

Most people would see a massive and near-immediate impact in their lives if they understood and practiced some simple time management strategies. In *I Was Busy, Now I'm Not™*, Dr. Joseph Peck not only gives us the reason “why” we need to change our thinking about time, but the “how” we do it as well. And this guidance comes from a great student of these timeless principles. Joseph is truly a ‘walks his talk’ leader and teacher.

Vic Johnson
Founder of AsAManThinketh.net
www.AsAManThinketh.net

Dr. Joseph Peck sees possibilities everywhere. His desire and drive to help people through inspired insight is insatiable. You cannot work with Joseph without being encouraged to reach for more.

In *I Was Busy, Now I'm Not™*, Joseph inspires and equips you to seek God's counsel, walk in wisdom, make the most of your time and live with God's priorities in mind rather than reacting to life's demands. He helps you to recognize the strategic opportunities God places in your path, and avoid the trap of spoiling God's best by going after good things that keep you busy.

Value your time; it is a precious gift. Stay spiritually alert, and position yourself to recognize God incidences as wonderful opportunities that impact eternity and leave a valuable legacy. I encourage you to internalize the message of this book and discover how to be a good steward of your time and use it wisely.

Lynne Lee
Breakthrough Life Coach and Coach Trainer
Author, *How To Hear God*
www.ChristianLifeCoaching.co.uk

Dr. Joseph Peck is by far the greatest time management expert I have ever known. This new book is a masterpiece that will dramatically transform your life as you embrace and apply these treasured principles. The pages are filled with a lifetime of wisdom that can help you redeem time itself and live your life filled with quantum results.

Gary Beaton
Executive Television and Film Producer
Founder, Transformation Glory Ministries
www.transformationglory.com

Do you ever question: will my life matter? In his book *I Was Busy, Now I'm Not™*, Dr. Joseph Peck discusses concise targets to help you get on a life-changing track. This book is easy to understand and gives helpful direction to shift your time to make your life matter starting today.

Wanda Ulrey
Setting Captives Free

Every now and again you come across a book with the potential to be a personal “Game Changer,” a book that is a revelation to you, a book that appeared at exactly the right time, one that can change your life completely.....if you will let it.

Dr. Joseph’s book *I Was Busy, Now I'm Not™* is one of these. Packed with profound concepts, practical ideas, and useful tips and strategies, this book will change the way you think about time and its relationship to God’s plans and purposes for your life. With his trademark passion, Joseph leaves no stone unturned in drawing our attention to our relationship with time.

Joseph also issues a challenge we all need to face. His proposition “When you waste your time, you waste your life” can be deeply unsettling when you think about how you personally use time.

If *I Was Busy, Now I'm Not™* has found its way into your hands then it is there for a reason. So thank God for His goodness, pay attention, and let it become a “Game Changer” in some area of your life. It has done that for me.

Steve Connell
Cofounder, Kingdom Business Builders
www.kingdombusinessbuilders.com

I believe the most powerful statement in this book (besides the life changing experience that Dr. Joseph Peck experienced and he shared in this book) is the statement, “If you waste your time, you waste your life.” This book is about helping people who want to know how to ‘redeem their time.’ It is practical, easy to read, and when applied to your life, there are life changing results that will help men and women achieve those goals that have not been realized. When you read this book and apply what he is telling you to do, you begin to believe that results are possible. Dr. Joseph Peck has experienced personally for himself the truths found in this book. I believe that God is going to use this book to help people of all ages to be able to reach their potential as they apply these truths. I am excited to see what God is going to do.

Chaplain Liz Danielsen
Executive Director and President
Spiritual Care Support Ministries, Inc.
www.scsm.tv

The first words that come to mind in reading this book are *uniquely you*. Joseph has taken the complex in life and made it simple. He uniquely clarifies how to identify where you are at in life and then causes you to see the next place to step. His writing is backed in humility of his own life’s journey still in process. This book has caused an earthquake within me. It has permanently shifted my ‘internal plates’ to identify what is really important according to God and put me on a path to fulfill them. If you apply these clear principles, you will become *uniquely you* where Jesus shines forth.

Pastor Bobby Alger
Senior Pastor, Crossroads Community Church
www.crossroadswinchester.com

I have been blessed to hear Dr. Joseph Peck speak passionately on all the topics in *I Was Busy, Now I'm Not™*. But I consider this concisely written book a real treasure. You see, I love to study and underline. Studying (reading) any material for a period of time equal to the length of time required for verbally presenting the material results in significantly greater comprehension. You will read and reread this gem many times. Let's face it, we all backslide. But if you keep your copy of *I Was Busy, Now I'm Not™* handy, you will re-sharpen your focus, spend more sacred time with God, hear His voice through daily journaling, define your destiny, and eliminate busyness. One copy will definitely not be enough!

Virginia Morton
Author, *Marching Through Culpeper*
www.marchingthroughculpeper.com

From the CEO who needs direction, to the pastor who needs shepherding of their own, to the mom or dad who constantly seem to be looking for more hours in the day, *I Was Busy, Now I'm Not™* has been carefully crafted to take even the most talented CEOs, business leaders, pastors, and work-at-home moms or dads to a higher level of purpose and effectiveness both personally and professionally. This book is written by a master coach who refuses to give pat answers. Dr. Peck exposes the multitude of potholes on the roads of life that slow you down and coaches you through the steps you need to take to personally discover what steps must be taken to reach your full potential.

Mark Jenkins
Lead Pastor, Mountain View Community Church
www.mountainviewcc.net

Deep within each of us is the secret and sometimes even hidden desire to be great—to be the “more” our Creator has designed each of us to be. Yet too often, the inability to focus our time wisely can intercept our dreams causing us to live impotent lives—void of the impact we were designed to make. Dr. Joseph Peck provides an empowering and practical path to living out our dreams by focusing us with steely clarity on what is most important and freeing us to be who we were created to be.

Cheryl-Ann Needham
Author, *Sound Alignment*
Cofounder, Global Stewards Initiative

Joseph, I am thrilled to see you encouraging the art of two-way journaling. It took me forever to discover that God’s voice generally comes as spontaneous thoughts. Likewise, it took me forever to learn to fix my eyes on Him during my quiet times, seeing Him at my right hand, as David did (Acts 2:25). I am glad to see you introducing people to these tools so they can more easily hear the voice of the Wonderful Counselor. Good job!

Dr. Mark Virkler
Author, *4 Keys to Hearing God’s Voice*
Founder, Communion With God Ministries
President, Christian Leadership University
www.cwgministries.org
www.cluonline.com

Are you over your head in the rat race? Do you wish you had more time? Are the years passing you by? Do you wonder what became of the dreams and goals you once had? If you answered ‘Yes’ to only one of these questions, I encourage you to read Dr. Joseph Peck’s book, *I*

Was Busy, Now I'm Not™. Dr. Peck will motivate you to slow down and reevaluate how you use your time. He will ignite the fire of your dreams and goals, and you will feel revitalized, challenged, and encouraged to move forward.

Yvonne Ortega, LPC, LSATP, CCDVC
Bilingual Speaker, Author, Counselor, Teacher, Coach
www.yvonneortega.com
www.yvonneortega.net

I have never met anyone like Dr. Joseph Peck. He is a phenomenal human being who lives out his soul purpose like no one else I know. No one who I personally know gets more done and is more passionate than Joseph Peck. While we were each created to live full, creative, passionate, purposeful lives, most of us instead have a bland, ordinary existence. This book gives the “secrets” and real-life applications that can propel anyone from mere existence to a passionate and productive life! Thank you, Joseph for giving us the gift of *I Was Busy, Now I'm Not™*!

Matt Gregory
Senior Pastor, Soul Purpose Community Church
www.soulpurposechurch.org

Joseph Peck has mastered time. He keeps in constant contact with Holy Spirit to guide his life and direct his unique gifts and talents to connect with and teach others. This book will launch you into a new energized zone, while giving you tools to eliminate hurry, prioritize, and step forward with the peace of Christ.

Judi G. Reid
Author, *Rise Up! 71 Thoughts of Hope and Inspiration for Women of Value*
www.womenofvalue.org

Dr. Peck has taken me to a whole new level in life. He is one of the best communicators that I know. Dr. Peck's enthusiasm for life and purpose is contagious and he is always helping to bring the best out of each of us. With his coaching and webinars, he clarifies our dreams and helps us create dream teams to fulfill our destinies.

Jack Stagman
Founder and President, America Restored
www.americarestored.org

I love reading books by other physicians. Luke may be the 'beloved physician,' but Dr. Peck is surely becoming the modern example of what anyone, including any physician, can become when they step into their God-given calling. I first began seriously thinking about how a person can have an impact when as a thirteen year old I was introduced to *How to Win Friends and Influence People* by Dale Carnegie. When, in my late 30's, I made a major change in my career, and moved away from clinical medicine into primarily ministry and business work, I was introduced to the Franklin Time Management system, now made world famous through the Franklin-Covey books and seminars. Now, approaching 65, but with bigger goals before me than ever, thanks in part to the impact of Dr. Peck and his coaching, I can only urge everyone to get hold of this book; read it and then read it again! This will not only change the way you think about time, it will change the way that you think about living!

Tony Dale, M.D.
Author and Entrepreneur
Founder of The Karis Group and The Health Co-Op
www.thekarisgroup.com
www.thehealthcoop.com

It should come as no surprise to any Bible believing, Spirit-filled man or woman of God that we are truly living in the last days. So many of the signs have been seen in just the last few generations alone, with the re-formation of the nation of Israel, Jerusalem going back into the hands of the nation, and the rebelliousness and wickedness of humanity dramatically increasing. What we do with our time now will be an important investment into the final expansion of God's kingdom, and if we steward our time well and use it to the full extent that God wants us to use it, our part of His end-time story will be written well and we will receive those amazing words at the door of heaven 'well done my good and faithful servant.'

Not taking our time seriously is a recipe for a life of misery, disappointment, and failure. Books like this one should be read by anyone wanting to accomplish all that God has for them and truly live the life they were made to live and enjoy. Stay close to Dr. Peck as he is a great guide for that journey!

Chris Vercelli
Founder and Owner of Non-Fiction Fitness
www.nonfictionfitness.com

Because Dr. Joseph Peck knows how important it is to get to our "Why," he has modeled the skill of saying "No" to the good and "Yes" to the best. Realigning our lives around that core question is the secret weapon that keeps us living on target with margins and room to breathe. This is no theory but a practical way out of your one step forward and two steps back. Your first right choice is not to be too busy to read it.

Dr. Joseph Umidi
Founder, Lifeforming Leadership Coaching
www.lifeformingcoach.com

For those of us who live busy, demanding lives, nothing is more important than being able to control our time, efforts, and outputs. That is the essence of this book, teaching us how to free up our time, simplify our lives, and to accomplish more than we ever thought possible.

When we leave the starting blocks of the day we should, as much as possible, have outlined and chartered our way, have clearly outlined our hoped for accomplishments, and have a view of the finish line in sight. This can be summed up in one prayerful word, “FOCUS!”

Let us all begin by praying, “Father, what is the one thing I can focus on today (this hour, this week, this month, this year) that will make everything else I do easier or unnecessary? Teach me to focus and be on-purpose, and to understand that being on-purpose begins with a decision to be identified with Christ because if I win the rat race, I am still a rat.”

This book will help us do all those things and it will unlock for us little truisms such as: when you stay connected with God, fruit happens; the simplest solution is often the best; the one thing that keeps people from successfully living the life they dream of is fear.

Maj. Gen. Jerry R. Curry
U.S. Army, Ret.
Author, *The Dream Continues*

*To everything there is a season and a time to every purpose under the heaven.
(Ecclesiastes 3:1)*

In his book *I Was Busy, Now I'm Not™*, Dr. Joseph Peck tackles the subject of one of the greatest resources that we will ever be given in life—TIME. Like the great and wise King Solomon, Dr. Peck gives us

practical insights and wisdom on stewarding time in new and effective ways. Since most people are seeking to be more productive in life, they have studied the many ways to increase financially, spiritually, socially and physically, but no one has conquered the challenge of how to add more than 24 hours to a day! Since we cannot add time to our day, we must learn to manage time and leverage it in new and productive ways, avoiding stress, burnout and depression in the process. This is not just another book about ‘time management.’ This is a book about God’s strategies for being productive with time and how not to lose our relationship with God in the process. Only a person who really knows God, like Dr. Joseph Peck, could creatively map out a book like this. What a great work, and what a great gift to us all! Thank you Dr. Peck.

Dr. Gordon E. Bradshaw

President, Global Effect Movers and Shakers Network (GEMS)

www.gemsnetwork.org

Author, *Authority for Assignment: Releasing the Mantle of God’s Government in the Marketplace*

Dr. Joseph Peck is my Breakthrough Life Coach. Under his guidance, I discerned my Kingdom Assignment to connect every Kingdom Enterprise in the world with a General Counsel who will be as Joseph was to Pharaoh, namely, God’s wisdom channel into the enterprise. *I Was Busy, Now I’m Not™* contains tools I can use in fulfilling that Assignment! Thank you, Dr. J!

Michael Oswald

Managing Partner, innovaCounsel, LLP

www.innovacounsel.com

Dr. Joseph Peck has helped me regain my focus and balance as a Christian businessman. I have not found such wisdom in modern times to match the “common sense” that Dr. Peck brings to addressing our over-worked and over-stressed corporate lives. I have personally found Joseph to be a caring, loving, gentle version of what a true Christian life coach should be. I am more focused on Christ and His will for my life after applying Dr. Peck’s “balanced” approach to business and life. Psalm 23:1-3

Scott Shofner
CEO, Secure Leverage Group Inc.
Private Equity/Hedge Fund Manager

We live in a hurry-sick culture with little time to rest, reflect, and do our own research. The Founding Fathers of America understood the importance of having ample time to reflect and build strong relationships. In addition to helping you slow down and be a better steward with your time, this book will draw you nearer to God.

Stephen McDowell
President, Providence Foundation
Biblical Worldview University
www.providencefoundation.com

While reading through Dr. Joseph Peck’s new book *I was Busy, Now I’m Not™*, I can’t help but feel that it would not be an understatement to say that this is one of the most important texts you will ever read in life, aside from the Bible!

Learning to not only value but manage time is something that most entrepreneurs are willing to spend huge fortunes on, yet I can personally say that there’s no seminar I ever attended, or document I ever read, that taught me more on the art of treasuring and skillfully

investing in what is to be considered the most sacred and valuable resource in life—time!

I had the blessing of personally connecting with Dr. Joseph Peck at a time of an important transition in my life, as I was coming out of a severe burn out and two heart attacks that forced me to slow down the fast pace of years of full time missionary activities. He came alongside me as an expert life coach and helped me reset my lifestyle in a balanced form so that I could move forward with a healthy sense of priorities and values in life. Thank you Joseph, I would not be where I am today, if it hadn't been for your patient and skillful expertise.

Renato Amato
Founder, Healing Broken Hearts
Life Breakthrough Coach & Biblical Coach Trainer
www.renatoamato.com

Joseph and I have been friends and colleagues for many years. It was one of those amazing, once-in-a-lifetime relationships where each of us contributed massively to the other's growth and development surrounding skill sets ranging from life coaching to Internet marketing and even to personal and spiritual accountability. In my book, he is the poster child for "passion." I have nothing but the greatest admiration and respect for the integrity and values of Dr. Joseph. His new book *I Was Busy, Now I'm Not™* is simply the logical next step in his desire to better the lives of those who come in contact with him.

Dr. Jerry Graham
Cofounder, The Coaching Pair
www.thecoachingpair.com

Thank you Dr. Joseph! I have been so inspired reading your book *I Was Busy, Now I'm Not*TM. You are an absolutely amazing man of God! You also have a huge capacity to put others first with a humble servant's heart. Thank you for being such an amazing example of living what you teach. In your book you point out that time is the most valuable asset we have and the vital importance of stewarding our time wisely. It is an honor to know you as a brother in Christ and as a friend! Thank you for the amazing impact you are having on my life, the Body of Christ, as well as others in the marketplace! *Dr. Time*, I might add that any time spent with you or reading your book is quality time!

Charlie Fisher
CEO of Guiding Business Transitions
www.gbtiam.com

As the founder of the Christian Financial Concepts ministry, I am passionate about educating Christians to make wise and successful decisions in matters related to giving, financial management, investments, and asset stewardship. In his book *I Was Busy, Now I'm Not*TM, Dr. Joseph Peck addresses the issue of stewarding time, your most valuable asset. He is a master at teaching how to redeem your time to live a focused, productive, and purposeful life. Reading this book was a game changer for me. I hope it will be the same for you and those you love. This would be a wonderful gift for your pastor, your co-workers, and your family. They will love you for it!

Dr. Tom Barrett
President, Golden Art Treasures, LLC
www.GoldenArtTreasures.com
Founder, Christian Financial Concepts
www.ChristianFinancialConcepts.com

Dr. Joseph Peck is known as *The Time Doctor*TM and after reading *I Was Busy, Now I'm Not*TM, it is clear he has a prescription for every person no matter where they are in life. If applied as directed, this book will change your life.

The truths in this book will unlock the sometimes dormant reality that your life has an eternal impact for you and others. It empowered me to make changes, some small, some great, so I could live each day with intentional purpose.

This book will be integral for you to live a fulfilling, passionate, and contagious life. Each day matters and when viewed from an eternal perspective, you are equipped to make each day powerful and effective. This book is a key for everyone looking for clarity, direction, and purpose for their lives or to expand their capacity. Joseph shows you it is never too late to make a fresh start and change direction. What greater joy than to know and live out your purpose from this day forward.

Michelle Bravenboer
Founder, Mad Cow Ministries
Author, *Together We Walk Alone*
www.michellebravenboer.com

I recommend *I Was Busy, Now I'm Not*TM to Christians who feel too busy, always behind, and rushed. Dr. Peck does a good job of identifying the problems of busyness and the benefits of not being busy. More specifically he does a good job of imparting that God has a plan for each of us and to be able to hear and understand His plan. In order to do this we must live moment by moment in an intimate relationship with Him, seeking His will for our lives and building margin into our lives to be able to carry out His mission for us on this earth (i.e., our destiny revealed). Many aspire to know and understand

God's will, but few actually take the time to make the time. Dr. Peck's book will be invaluable to those seeking a deeper walk with Christ and learning to let Him reign in all of our being, beginning with the surrender of "time" to His Lordship. Dr. Peck's book will give insight and strategy on how to get started on the journey to less busyness and more intimate time with Father God. Thank you Dr. Peck for being an example and willing to share your journey. Blessings for a continued deeper and closer walk with Him!

Don Morley

Successful entrepreneur empowering other entrepreneurs

This invaluable book takes readers by the hand, with simple step-by-step instructions and common-sense help they can use and benefit from if they discipline themselves and apply the principles taught. Dr. Peck has a down-to-earth, generous spirit and shares his own story with candor and humility, thus letting you know you are not alone in your time challenges. Those who take the instructions seriously and follow them will see a change of habits and positive outcomes that impact not just the here-and-now but eternity also.

Rich and Barbara Freeman

Front Royal, VA

We believe Dr. Joseph is a **CULTURE CHANGER** with an innate ability to coach and help incubate your dream and surround you with an extraordinary team to capture its essence and see you unleashed to accomplish that for which you are created for.

Russel Stauffer, Master Joint Venture Strategist
Glenisaah Stauffer, President of the Embassy Group

In his life transforming book, *I Was Busy, Now I'm Not™*, Dr. Joseph Peck, one of God's chosen generals for this generation, shares why we need to change our thinking about time, and provides invaluable time management strategies that the reader can apply into their life to reap a positive outcome to maximize their life without limits!

Mercy Abbey
Coach, Speaker, Author, Entrepreneur
Rhema Preserve Global
www.coachmercy.com

Joseph is the Maestro making the entire orchestra speak with one voice. God has called him and given him the gifts and talent to take so many different individuals (instruments and sounds) and blend them together, so disciplined and so coordinated into “sound alignment.” Working with Joseph is truly an incredible experience as he has the God-given gifts to help raise people up to be who God created them to be. Joseph really is *Dr. Breakthrough*. He has a creative gift that few others have.

Larry Tyler
Founder and CEO, Up Your Business
www.upyourbusiness.biz

Dr. Joseph Peck is a thought leader for his generation. Each person needs someone who comes alongside them and believes in them and their dreams. Dr. Peck is such a person. This simple act of belief starts a process of actions. Dr. Peck has a gift of formulating dreams into goals and steps that day-by-day become God-given destiny. He has an excellent way of establishing purpose and eliminating time wasters from the daily schedule. His teaching helped me realize what a gift my time is. As a result, I now take the necessary steps to achieve God's

best for my life. If you feel overwhelmed and want more time for what matters most, this book is a must read.

Linda Zobel
Author, *Accepted and Free*

In the 31st Psalm, David states: ‘my times are in Your hands.’ In this gem of a book you will learn how to get control of your life, free yourself from over commitment, have ample time for yourself and your family, overcome procrastination, unlock the door of your personal destiny, and discover God’s plan for your life. Your first step is reading this important book by Dr. Peck.

Richard W. Groux, Jr.
Chairman, Christian Stewardship Ministries
www.csmin.org

Dr. Joseph Peck, aka *The Time Doctor*TM, delivers an over-the counter, easy-to-swallow, fast-acting prescription for the masses in his latest blockbuster book, *I Was Busy, Now I’m Not*TM. This simple, powerful truth and its implications for every person, stirs something deep within our spirits and echoes a universal heart cry of humanity. Dr. Peck, a highly-trained, well-paid, successful and hard-working medical professional, unpacks and downloads a lifetime of wisdom and freedom from his own journey and transition from the brink of burnout to the peak of passion and performance. As a leading contrarian voice in the lineage of Henry David Thoreau and Warren Buffet, offering an alternative and antidote to the modern day rat race syndrome of human existence, and lives of quiet desperation, Dr. Peck probes deeply about what matters most and how we can take back control of our time and our lives. This modest- and unpretentious-sounding title is anything but that as every chapter is

loaded with nuggets of revelation, inspiration, hope and personal testimony. Buy the first copy for yourself, and other copies for those you love.

Dr. Bruce Cook
Chairman, Kingdom Congressional International Alliance
Author, *Aligning with the Apostolic*
www.kcialliance.org

Foreword

Rarely does a life changing revelation from God happen to you. When it does, you are simultaneously grateful and excited. Grateful because you know your life has been changed by God forever and excited to see what God then has in store for you. The Bible tells us that God can send leaders after His own heart into our lives. When they are sent to you by God, they lead you with knowledge and understanding.

“Then I will give you shepherds after my own heart, who will lead you with knowledge and understanding.” (Jeremiah 3:15, NIV)

There are many gifted people in this world and I am thankful to God for all of them. It is wonderful when someone who is gifted and talented is recommended to you. That person can be of great help to you. However, it is extremely valuable and extraordinarily rare for God to send a gifted and talented person Himself into your life.

This is what God is revealing to us through Jeremiah 3:15. This person can only be given to you by God, who says *“I will give you shepherds after my own heart, who will lead you with knowledge and understanding.”*

In the entire Bible, there is only one man, with the exception of Jesus Christ, that God describes as *“a man after mine own heart, which shall fulfill all my will.”* (Acts 13:22, KJV). That man was “David, the son of Jesse.”

There will never be another David that God says *“shall fulfill all my will,”* but God does say *“I will give you shepherds after my own heart who will lead you with knowledge and understanding.”* This too is very valuable and very rare.

Dr. Joseph Peck, M.D. is such a man, a rare gift from God and his book glorifies God and will bless your life tremendously.

God can do anything and I pray He uses Dr. Peck's book to not only change how you view time, but in so doing, change the world, one person at a time, perhaps beginning with you.

Rick Saunders

Cofounder, Lord and Saunders Real Estate
An ordinary life Jesus Christ changed forever
www.lordandsaunders.com

Preface

*“Keep the fire lit. Each of us has a fire in our hearts for something.
Find it and keep it lit.”—Mary Lou Retton*

Let us dream together for a few minutes!

Imagine you are walking along the road of life and stumble across a dream coach who completely changes the course of your life by believing in you and the big dreams within you.

Imagine that dream coach shares a few simple secrets to free up one hour of your time each day. You in turn invest that extra seven hours of time each week doing things you enjoy the most and that make the biggest difference.

Imagine that dream coach helps you craft your perfect day and lay out a plan to move toward that each week.

Imagine how good you feel as you simplify your complicated life and have time for what matters most.

Imagine the new friendships you are building, the new places you are going, and the new things you are able to do.

Life without limits—that is what this is about. You being fully you, unleashed to accomplish the great things you were created for.

And yes, this is really possible if you have the right coach and mentor to help guide you along the way. A coach is a person walking with you to help you achieve your goals and dreams! If you allow me, I can be that dream coach for you.

I am passionate about creating a movement empowering dreams of millions of people around the world. And you can be one of those. Your first step is to read or listen to this book and meditate on it. And

your second step is to stay connected with me by subscribing to my blog at www.iwasbusynowimnot.com.

The purpose of this book is to plant seeds of ideas in your mind and heart to dramatically change the way you think about time. As you redeem your precious gift of time and become more focused, you will be enabled to accomplish far more than you ever thought possible.

Today Your Life Will Change Forever!

Your mind is being expanded to the dimensions of new thought and it will never retract to its original size or shape!

Do you know time is your life? When you waste your time, you waste your life.

Let me ask you:

- Does your time seem to be in short supply?
- Have you had enough of feeling overwhelmed?
- Are you ready to find time for what matters most?

If so, this book will help you discover how to:

- Simplify your complicated life
- Make time for what matters most
- Live your big dreams

To live your big dreams as God intended, you must get a handle on your time. As *The Time DoctorTM*, I can help you be a good steward with your time.

I am passionate about this subject of redeeming the time because for the first 20 years of my career, my time and life were not my own and I was not living my dream.

Yes, I earned a good living and had lots of creature comforts, but I was trapped in a box in a box in a box (i.e., in the operating room in a hospital in my community). When I finally broke out of that, I felt like I had been let out of jail after 20 years. For the first time in my adult life, I finally got a taste of true time freedom and I was determined never to give that up.

Before we get started talking about the value of time, know that I have been praying for you.

Pray this prayer out loud as a declaration for the next seven days, expecting God to answer this prayer for you. I think you might be amazed at what happens.

Heavenly Father, thank You for preparing and guiding Dr. Peck to share this important message with me to release Your wisdom, knowledge, and understanding regarding time. Please open my eyes of understanding to receive everything You want me to know and have. I acknowledge that I need Your help to change my thinking to change my life. I surrender all that I am, all that I have, and all that I do to You. Remove what does not belong in my life and bless all that remains. Grant me the courage to face the impossible, love that overcomes fear, and the tangible presence of God that makes the supernatural a daily experience! In Jesus' name, I pray. Amen.

As you read this book, be aware that when I include two-way prayers (i.e., dialogues with the Lord), things I sense the Lord saying to me are in *italics*. I often refer to these as **WFJ—Words From Jesus**. While I do not profess to be 100% accurate, I would rather be right 80% of the time and take action with a heart to obey God than to always question if I am really hearing from God and not do what I sense He is prompting me to do. This comes down to trust. Jesus says, “**My sheep hear My voice, and I know them, and they follow Me.**” (John 10:27)

Chapter 1: The Value of Time

Looking Beyond for Perspective

When you change your thinking, you change your life.

Most people do not value their time. They think they do, but if you carefully observe their behavior, you will notice priorities out of order, lack of focus, and numerous ways they waste their time.

In May 2011, I launched my very first *I Was Busy, Now I'm Not™* coaching program. Two of the people who signed up to participate were Steve and Tara Connell from New Zealand. I had never met them before, but during this four-week virtual training we became good friends. I learned Steve and Tara are the cofounders of Kingdom Business Builders.

Within a week or two of starting this group coaching program, it became very obvious to me that Steve and Tara were master communicators and extraordinary coaches in their own right.

So even though they had paid to be part of my coaching program, I asked them to facilitate the discussion for two of the weekly webinars. During one of those webinars, Tara shared an anonymous poem titled “The Value of Time.” That really resonated with my spirit. Here it is:

Imagine there is a bank that:

- Credits your account each morning with \$86,400
- Carries over no balance from day to day
- Allows you to keep no cash balance
- Every evening cancels whatever part of the amount you had failed to use during the day

What would you do? Draw out every cent of course!

Well, every one of us has such a bank. Its name is TIME.

Every morning it credits you with 86,400 seconds.

Every night it writes off as lost whatever of this you have failed to invest to good purpose.

It carries over no balance.

It allows no overdraft.

Each day it opens a new account for you.

Each night it burns the records of the day.

If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against "tomorrow." You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness, and success. The clock is running. Make the most of today.

The takeaway message for this poem is: "**Today is the precious present.**" Tomorrow never comes. It is always today. To make the most of your life, you must make the most of your time today.

A Divine Encounter that Radically Changed My Life

On January 21, 2010, I had the privilege of hosting a webinar with Rick Grubbs titled "Redeeming the Time." That was by far the best presentation about time I have ever heard.

Rick is the founder of *Life Changing Seminars* and *Redeeming the Time* radio. He may well be the foremost expert in the world teaching about redeeming the time, having shared his presentation more than 1,500 times in at least 49 states and 20 countries.

It was Rick Grubbs who opened my eyes of understanding to see "time is your life." It was Rick who taught me, "When you waste your time, you waste your life." And I have never been the same since.

At the beginning of his presentation, Rick explained what it means to redeem the time. “Redeem” means “to rescue from going to waste” and “time” is “the passing of life.”

If you ask a group of people, “Does anybody here plan on wasting your life?” nobody says “yes.” However, if you ask, “How many of you will likely waste a little time this coming week?”, every single person listening is guilty to some degree.

This reveals a tactic of the devil. He tries to make you think that somehow there is a difference between time on one hand, and life itself on the other. If he can do that, the result is you will not properly value your time. If you do not see your time as life, it is easy to waste a minute of it.

Now, if that happens 60 times through your day, you have wasted an hour. 24 hours slip by and a day has gone unredeemed. This can easily turn into a week, a month, or maybe even a year without you doing anything significant for God. You may simply drift in and out of the different seasons of your life without ever really embracing what God has for you.

Then one day you wake up an old man or an old woman, looking back on life frustrated and thinking, “Where did it go? What happened to all those things I wanted to do for God as a young person?” This happens when you fail to realize that when you waste your time, you really are wasting your life. A wasted life is simply an accumulation of a lot of wasted time.

The starting point to redeeming your time is to realize time is your life and it is impossible to waste your time without also wasting your life. Since nobody wants to wake up from the tragedy of a wasted life behind them, let us look next at the question of why it is so important to redeem the time. Unless you have a firm understanding of the why, you will not follow through with the how.

Six reasons why it is so important to redeem your time

1. Time is limited
2. Death is certain
3. Our use of time brings eternal consequences
4. Time is not recoverable
5. Time is our most valuable earthly possession
6. We must give an account of how we spend our time

Let us take a closer look at each of these.

1. Time is limited.

Time is a limited resource. Whenever you have a limited resource, you must be careful how you use it. Let me illustrate what I mean.

Have you ever had a time in your life when you were short on money? Think back to the last time things were tight financially and you got hungry. Did you rush down to the most expensive restaurant in town and plop down a \$100 bill saying, “Keep the change?” No, no, no, no, no.

During those lean times, you stay home and eat. You may even get some beans and rice because you realize that money is in short supply and you have to be careful how you spend it.

God wants you to have kind of attitude toward your time because it is short supply. On average, a person in America lives about 80 years. If you get nothing else from this book, have a clear picture in your mind of how short 80 years really is.

To do that, draw a simple chart with time at the bottom. Think of this chart as a picture of your life. At the left, write zero and on the right, write 80. Now place a little mark on the chart wherever you find yourself.

As you do that, consider very carefully how much time has already

gone by. If you are 40 years old, half of your life is gone and you are entering the third quarter of your life. If you are 60 old, three-quarters of your life is gone and you are entering the last quarter of your life.

But there is another reason why this chart demands your attention and that is the “snowball effect.” If you went to the top of a snow-covered hill, made a little snowball, and gave it a push, the snowball would get bigger and bigger as it rolled down the hill. And it would also go faster and faster, gaining momentum. That is the way your life is. As you get older, life seems to go by faster and faster.

So the point is this—**whatever God has put you in this world to do, you better get started doing it.** Do not waste another minute.

2. Death is certain.

There will come a time in your life when you have no more time. The problem is that most people think and live their lives as if death is far off and if it does happen soon, it will happen to someone else.

Let me illustrate this with a story. A young man is at home and one day hears a knock at the door. When he answers the door, it is Death. Surprised, the young man says, “Wait a minute, Death. I am a young man now. Can you get the old man down the street? He has had a full life and I have not.” Death says, “Okay, I think I will do that. The next time I come back for you, I will give you a warning so you can get ready.”

Well, the young man is relieved. He cherishes his time and life for a while like one does after a close encounter with Death. But as time goes on, he forgets about Death. He goes through his twenties and gets a good education. In his thirties, he raises a nice family. In his forties and fifties, he climbs the ladder of success doing quite well.

Then one day when he is an old man, he hears another knock on the door. “Wait a minute, Death. You did not keep your promise. You told me you would give me a warning so I could get ready.”

Death replies, “Just a moment, old man. Remember that time when you were in your twenties and you had to get your first pair of glasses? Or remember the time you were in your thirties and tried to play basketball with the teenagers and could not keep up like you used to? Look at your face. Look at your hair. Those are not the features of a young man. They are the features of an old man. I did not give you just one warning. I gave you warnings every day. You just would not listen and now it is time for you to come with me.”

The goal here is to emphasize the brevity of life. As a result of that, the desire to redeem the time is stronger.

3. Our use of time brings eternal consequences.

The most important reason to redeem your time is because **the way you use your time today is going to have consequences for all of eternity**. Galatians 6:7 states, “*Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.*” This scripture is saying that life operates on the Law of the Harvest—that what you plant today, you will harvest. In other words, what you do with your time today is going to bring consequences in your future.

Now this sowing-reaping, cause-effect relationship seems easy to understand for most of us until we apply it to eternity. We tend to think through this process of sowing and reaping with regard to our time only to the point of death. But death is not where the consequence of how you spend your time today is going to end. That is where the real consequences will all begin.

During your life on earth, you are sowing, but then for all of eternity, you will be reaping the consequences of what you chose to plant in this very short season of time. We all have a hard time understanding this matter of eternity.

Unless you make that connection between how you spend your time today and the eternal consequences, you will not ever have the frame

of reference you really need to redeem the time.

As Rick Grubbs struggled with this issue years ago, he asked God if there was some way he could give people a picture of eternity so they could see and get a handle on it.

Holy Spirit led Rick to the Guinness Book of World Records to try to find the largest number that anyone has ever officially named. One of the numbers he found was “ten duotrigintillion.” That is a “1” followed by one hundred “0s” or 10 to the 100th power.

10,000,000,000,000,000,000,000,000,000,000,000,000,
00,000,000,000,000,000,000,000,000,000,000,000,000,
00,000,000,000

To understand how big this number is, think about the national debt of the United States of America, which is trillions of dollars or “1” followed by twelve “0s.”

One trillion = 1,000,000,000,000

Several years ago when Rick was in the state of New York, a math professor came up to him after his presentation and told Rick his team tried to calculate the number of atoms in the entire known universe. Their estimate was a “1” followed by 85 zeros.

For a born-again follower of Jesus, the concept of eternity is very encouraging. However, there is another side to this big number because the Bible is clear that everybody will not go to heaven. This is the most tragic thought for people who die without Jesus Christ in their hearts.

The reality of this was made very clear to Rick a few years ago when someone told him this true story. That man was driving down a road in the state of Georgia when a semi-truck in front of him lost control and crashed into a ditch. When the man ran down into the ditch, he found the driver of the truck trapped inside the cab.

The man tried to help the truck driver get out and so did some other men who arrived at the scene of the accident. In a few minutes the cab burst into flames and began to burn very intensely where the driver was. The men at the scene tried everything to get that man out, even to the point of burning their own skin and clothing. But they soon realized that the twisted metal from that wreck held him in a way that made it impossible to get him out. There was simply nothing else they could do but step back and watch in horror as that man burned alive in front of them.

As the truck driver burned alive, he screamed out in agony, “Someone please, please shoot me. Don’t make me die like this.” Obviously no one did that. A few more moments passed and the driver begged one more time before dying, “Someone please throw a rock at my head. Knock me out. Do not let me die this way.”

The man who told Rick this story said he and the other men who witnessed that vomited because of the horror of what they had seen. That was a tragic way to die, yet that man’s suffering probably only lasted about 10 minutes before he lost consciousness and died.

But can you imagine someone suffering like that for 10 years in hell? That is already beyond my comprehension. What about suffering like that for 10,000 years or 10,000,000 (ten million) years? Most Christians do not have a sense of urgency about their lives or saving people from hell.

A British skeptic once said to a Christian, “You Christians do not really believe the Bible is true. If I really believed for one moment that there was a place as horrible as what Jesus described, I would get on my hands and knees and crawl on broken glass all the way across my country to warn one person of a place like hell. But you do not do that. So, you do not really believe it either.”

Before I move on to the fourth reason it is so important to redeem your time, let me ask you, “If you were to die this very second, do you

know for sure, beyond a shadow of a doubt, that you would go to Heaven?”

If “yes,” that is great. If not, know that God loves you and has a wonderful plan for your life. Let me share what the holy Bible says about salvation and eternal life.

The book of Romans states, “*for all have sinned and fall short of the glory of God,*” It also says “*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*” And “*For whoever calls on the name of the LORD shall be saved.*” You are a “whoever.”

If you want to receive the free gift of eternal life that comes only through Jesus Christ, then say this prayer out loud if you mean it with all your heart:

“Lord Jesus, I invite you into my heart this day. Forgive me of my sin, wash me, and cleanse me of all unrighteousness. Set me free. Jesus, thank You for dying for me. I believe that You are raised from the dead and are coming back again for me. Fill me with Holy Spirit. Give me a passion for the lost, a hunger for the things of God, and a holy boldness to preach the gospel of Jesus Christ. I am saved. I am born again. I am forgiven and I am on my way to Heaven because I have Jesus in my heart.”

4. Time is not recoverable.

You can never recover your time once it is gone. That is the nature of time. You use it or lose it.

For what is your life? It is even a vapor that appears for a little time and then vanishes away. (James 4:14)

If we live long enough, there comes a point in most of our lives when we no longer think about our life in terms of how far we have come, but rather in terms of how far we have left to go. Eventually, your reference point changes. You no longer look back and think how many birthdays you have had, but rather start looking in the other direction and think about how many more birthdays you will have.

Most people do not see time as something they accumulate. Typically, they see time as something they are using or something they have left. In Psalm 90, King David prayed to God, *“So teach us to number our days that we may gain a heart of wisdom.”* The sooner you start counting your days, the wiser you will be with how you steward your time.

Psalm 90:12 is a key verse for Matt Gregory, my former pastor and coaching group partner. Matt actually has a five gallon clear container full of marbles, each one representing a day of his life. Each day he removes one of the marbles from the container to remind him of how quickly life is passing. This also reminds him that he can never get his marbles (days) back after they are gone.

5. Time is our most valuable earthly possession.

One of the best examples of this in history is Queen Elizabeth I of England. She was the wealthiest person in the world in her day, like the Bill Gates of her era. She had everything money could buy. And yet, when it came time for Queen Elizabeth to die, she said, *“I would give all of my kingdom for one more moment of time.”* Queen Elizabeth finally understood the value of time, but it was too late.

6. We must give an account of how we spend our time.

In Matthew 12:36, Jesus says, *“But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.”*

I would like to emphasize two points here. The first is that there will be a day of judgment for each of us. And second, you and I are going to have to give an account to God of how we used our time.

This scripture is not saying there is no place in life for any kind of rest, recreation, or relaxation. But what Jesus is emphasizing is the importance of being intentional with every moment that God gives you.

Four Practical Ways to Redeem Your Time

1. Learn how to wake up and get up.

Getting up early is not easy for most people. However, your devotional life and your walk with God are going to rise or fall based on your ability to consistently get up on time and spend that morning time with God. It is important to win the battle of “mind over mattress.”

Would you like an extra two-week vacation next year? Sure you would. Well, if you get up just 15 minutes earlier each day, consistently every day for one year, you will add more than 92 hours of waking time to your life, which is more than two 40-hour work weeks.

Some people say they are not a morning person. I think that is an excuse. There are two common reasons people do not feel like getting up early in the morning. The first is they go to bed too late. And the second is that they are not living a focused, purposeful life that leads to passion.

2. Get organized.

There are two things to organize—your time and your space.

Your space is where you live and work. Removing clutter from your physical environment helps you think more clearly and brings more peace.

Getting organized is crucial to the matter of redeeming the time. Rick Grubbs defines “organization” as arranging your life so God can use you to your fullest potential. He recommends investing in some type of simple organizer, be it electronic or paper.

I personally plan out each week before it begins using a simple document with each day of the week listed and the major things I am to do each day. You can keep that weekly planner in a notebook or on your computer with software such as Microsoft Word. When you write things down, you are more likely to follow through.

3. Identify and eliminate time wasters.

The devil has three goals for your life—to steal, kill and destroy (John 10:10). In other words, the devil is a thief. Now, thieves will always go after the most valuable thing they can get their hands on. We have already established that time is your most valuable resource. So the devil can keep ruining your life and rob your joy simply by keeping you too busy to do what God is asking you to do.

All day long, the devil and his companions are sending people and circumstances in your life to distract you and steal away your time. But if you can spot a thief before he gets to your valuables, you can do whatever is necessary to protect those valuables.

How do you spot a thief of time? The answer is by asking two simple questions before committing your time to any activity. This first question is, **“What is going to be the fruit or the result of this activity in five years?”** That simply means, five years from today, is this thing going to make any difference if I do it or if I don’t? If the answer is “no,” then leave it alone and do something else that will make a difference.

The second question to ask is, **“What will be the fruit of this activity in eternity?”** This question is similar to the first, but probes much deeper.

It is only what you do for Jesus Christ that is going to last forever when you invest your time. When you invest your time for eternal treasure, you never lose because they last forever.

When you get right down to it, there are only three ways you can invest time that matter in eternity—God, His Word and people. The challenge I want to leave everybody with is simply this: Let us learn how to focus our time on those three things—God, His Word and people. Leave off everything else that does not directly contribute to one of those three. If you do that, you are going to redeem the time.

4. Conquer procrastination.

Rick Grubbs says the number one time-waster is procrastination. He says **procrastination is putting off until later what God wants me to do right now.**

Rick actually has four different parts to his seminar series about redeeming the time. The first is the introduction. The second deals with why we procrastinate and how we can overcome that through God's Word and God's principles.

The number one thing that keeps lost people lost is being convinced that they have more time. A second reason for this is that most Christians are convinced there will be another opportunity to share the gospel message a little further down the road. They might say, "When I have more time, or when I have more money, or when my kids are grown, or when I retire, or when this happens, I will start serving God full-time and get involved with my local church." But the truth is, tomorrow never comes. It is always today.

The key to overcoming procrastination is to ask this focusing question each moment of each day, "**Father, what do you want me to do right now?**" Then do whatever you hear. When you are finished with that task, inquire of the Lord again. Learn to stay in constant conversation with God. Make a commitment to developing that habit.

To learn more about Rick Grubbs and his outstanding teachings, please visit www.lifechangingseminars.com.

Prayer Power

Abba, Father, thank You for the precious gift of time. Help me to understand the value of time and to redeem the time you have allotted to me. Teach me to number my days that I may gain a heart of wisdom (Psalm 90:12). Teach me what it means to seek Your kingdom and Your righteousness first each day (Matthew 6:33). And lead me in the way everlasting (Psalm 139:24). Amen and hallelujah!

Study Guide

Questions:

Q: What does it mean to “redeem the time”?

A: At the beginning of his presentation, Rick Grubbs explained what it means to redeem the time. “Redeem” means “to rescue from going to waste” and “time” is “the passing of life.”

Q: How is “procrastination” defined in this chapter?

A: Rick Grubbs says the number one time-waster is procrastination. He defines procrastination as putting off until later what God wants me to do right now.

Simple Action Step:

Make the commitment, right now, that you will overcome procrastination by asking this focusing question each moment of each day, “**Father, what do you want me to do right now?**” Then do whatever you hear. When you are finished with that task, inquire of the Lord again. Learn to stay in constant conversation with God.

DO YOU KNOW TIME IS YOUR LIFE?

WHEN YOU WASTE YOUR TIME, YOU WASTE YOUR LIFE.

**Does your time seem to be in short supply?
Have you had enough of feeling overwhelmed?
Are you ready to find time for what matters most?**

If so, this book will help you discover how to:

- **Simplify your complicated life,**
- **Make time for what matters most, and**
- **Live your big dreams!**

Dr. Peck is a rare gift and a man after God's own heart who leads with knowledge and understanding. This book will change how you view time, and in doing so empower you to change the world, one person at a time, starting with you.

-- Rick Saunders, Lord and Saunders Real Estate

There is an elixir in this book that if you dare to take a deep drink of it, will forever change your mindset and thought patterns about what you have believed Time to be, while refreshing and strengthening you to the core of your inner being.

-- Russel Stauffer, Master Joint Venture Broker

Dr. Joseph Peck is the great connector EMPOWERING DREAMS of millions of people through coaching, journaling, and life-changing webinars.

In addition to being a physician and creative marketing and communication strategist, Dr. Peck is a 30-60-100 Dream Coach, coaching leaders to leverage their time to magnify their impact 30-60-100 fold in 12 months.



Joseph Peck, M.D.
The Time Doctor

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