



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 & messages seems never-ending, it's time for a change. *Conquer digital distractions and take back your agenda.*

GET READY FOR 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 & breathe email**
- Are **at the mercy** of notifications
- **Feel buried** under an email avalanche