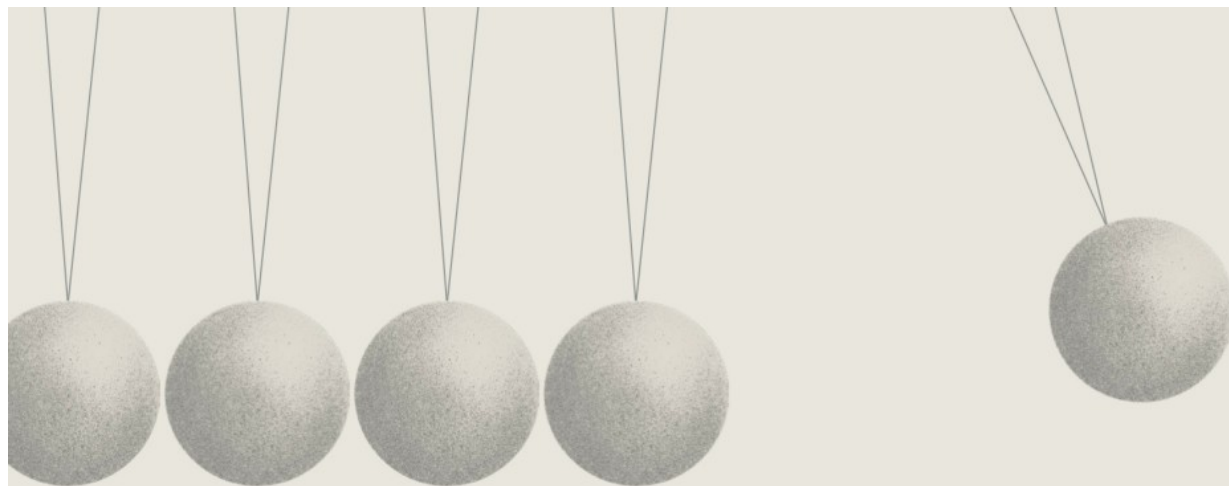


Andrew Mellen – Best Selling Organizational Author & Coach Releases His Next Blockbuster – “Calling Bull\$#!+ on Busy

A revolutionary system that gives readers back 1 hour or more of lost time every day. Andrew Mellen, the "Most Organized Man in America," has discovered that the only way to increase productivity sustainably is to change one's relationship with time.



"If you're ready to create order in your everyday life, hour by hour, this book is for you."
—Susan Piver, *New York Times* bestselling author of *The Buddhist Enneagram*

CALLING BULLSH*T ON BUSY

A practical guide to ditching the time management
myth and quickly achieving your goals

Andrew Mellen

Author of *Wall Street Journal* bestseller *Unstuff Your Life!*

New York City, New York May 14, 2023 ([Issuewire.com](https://www.issuewire.com)) - Fresh off the outstanding success of his last book, Andrew Mellen has taken on the challenge of time management, exploding one myth after another. His new book, [Calling Bull\\$#!+ on Busy: A Practical Guide to Ditching the Time Management Myth and Quickly Achieving Your Goals](#) presents a clear blueprint on how to reclaim at least 1 hour of lost time every day.

With over 120,000 print and audio copies sold since its publication, Andrew's first book, the Wall Street Journal and Audible bestselling [Unstuff Your Life!](#) has helped many thousands of people get and stay organized by focusing on changing how they THINK and FEEL about organization, rather than just teaching organization tactics alone.

Each year, hundreds of time management books hit the market and that information overload is part of the problem. Most of them have nothing new to present to readers. Times have changed since the Covid Pandemic upended the economy and workplace. Now is the time for a fresh look at time management.

During a recent interview, [Andrew Mellen](#) made these comments, "Most books overcomplicate the time management issue by demanding that readers create complex systems that require more of our valuable time to keep them going while never actually delivering tangible results or allowing us to feel in control of our lives.

Plus, the whole concept of "time management" is a myth. The problem isn't how we manage our time—it's how we manage OURSELVES in relation to time."

He goes on to say, "Time itself can't be altered or 'managed' in any way. Instead, achieving the sense of mastery and control we crave when feeling overwhelmed and exhausted requires the reader to change how they think about, feel about, and interact with time. If there's any good news in that, it's the fact that time scarcity is an equal opportunity cause of frustration and disappointment."

Warren Buffet and Oprah don't get any more hours in their days than anybody else. So regardless of how many dollars one has in the bank, saving time is all about efficiency and focus. Because one can bank money—but actually can't bank time.

So just like *Unstuff Your Life!* before it, *Calling Bull\$#!+ on Busy* teaches readers how to change the way they think about, feel about, and interact with time. From there they can set themselves free from both the scarcity mindset that keeps all "a day late and a dollar short" as well as the behaviors that prioritize urgency over importance and leave people tired, angry, and unfulfilled day after day.

Drawing on his 27+ years of experience coaching corporate clients, including The New York Mets, American Express, Goldman Sachs, the United States Department of Education, and the Metropolitan Museum of Art, Mellen shares innovative methods and real-life examples to eliminate inefficiencies.

Transform your life as you learn the most effective ways to:

- Break free from procrastination's grip.
- Stop multitasking.

- Manage interruptions, distractions, and time wasters like social media.
- Unclog your email inbox fast.
- Avoid time-wasting meetings and run effective ones instead.
- Treat "no" as a complete sentence.
- Tame the other deadly time thieves, including poor planning and overcommitting.

Calling Bull\$#!+ on Busy unleashes the power of a radically positive mindset paired with simple, practical actions readers can take to instantly reclaim their lives.

About the Author:

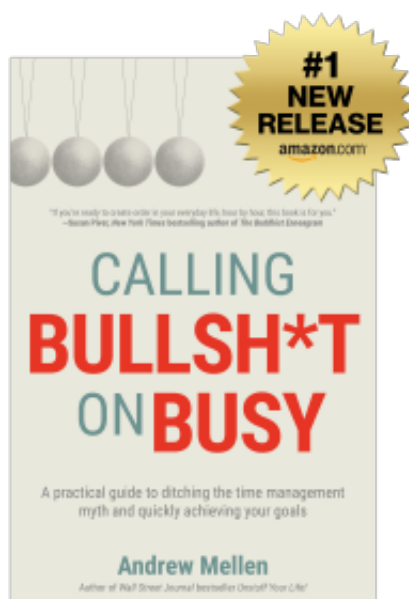
ANDREW MELLEN is a speaker and coach, and the author of the Wall Street Journal bestseller *Unstuff Your Life!* and [The Most Organized Man in America's Guide to Moving](#).

He is the creator of the De-Stress Your Mess Challenge, the Unstuff Your Life System, and the Calling Bull\$#!+ on Busy Mastermind—virtual programs that, together with his books, speaking, and coaching have helped over 500,000 people and businesses around the world change their relationships with stuff, time, and clutter for good. Mellen has been a student of mindfulness and meditation since 1989.

In a previous career, he was an award-winning actor, director, and arts administrator who toured the United States performing improvisational theater in prisons and penitentiaries. He currently splits his time between New York and Treasure Island, Florida.

Reader Testimonials always tell the story. Here is what Quentin Fottrell, MarketWatch editor and The Moneyist columnist has to say, "This book is a rallying cry for people to take back control of their time and their lives. It could not have come at a more opportune moment."

Pauline Frommer, Co-President of the Frommer's guidebooks and Frommers.com said, "Read this book and you'll find that you do have time for travel and other meaningful activities in your life."



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