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## FOR IMMEDIATE RELEASE

### Bona Fide Time Management Strategies! Dr. Annamalay's Newly Released Bestseller Shares Highly Optimized Productivity Techniques!

**Bugis Village, Singapore, September 20, 2018** – Coveted naturopathic physician Dr. Sundardas D. Annamalay has long worked in the field of productivity, personal development and stress management. He has now released a new book with his latest breakthrough system for time management in the humdrum of the modern day world. According to Dr. Annamalay, there is a large epidemic of social problems in the world due to lost control of time. Because of the fast paced nature of peoples' lives, effective time management is becoming scarce, thus affecting the productivity of most people and their personal relationships. In this new book, Dr. Annamalay shares his unique perspective on time management.

*Life by Design: Mastering Energy, Money and Leverage in 9 Simple Steps* is the result of two decades worth of cutting-edge research. During his study, Dr. Annamalay worked with over 15,000 people as he utilized neuroscience principles to figure out how people use their time under different circumstances. He has accumulated his research in a bona fide time management system that can help people reset their priorities and channel their energy and resources effectively. *Life by Design* is a highly adaptable and easily sustainable system based off of latest discoveries in neuroscience. By developing meditative practices and systematic thinking concepts, Dr. Annamalay forces his readers to reconsider how they utilize their energy, thus helping them become more effective.

Dr. Sundardas D. Annamalay is a best-selling author, a professor of Natural Medicine and a highly renowned naturopathic physician. Through his work, he has helped many people start a transformative journey towards becoming more productive and happy. Having undertaken many business endeavors, Dr. Annamalay has developed his time management strategies over a long period of trial and error. Due to his expertise, he has been approached by many organizations and health and education institutes to serve as a productivity and performance consultant.

Also, the readers will learn Annamalay's time management secrets for having the time to write 10 published books and two previous bestsellers as well as develop multiple businesses. Annamalay will motivate readers to take what they have learned right back to their offices or homes and put it into practice.

An excerpt from the book reads:

"Are you clear about your priorities in life, relationships, health, and career? The reality is only one really matters — your life must revolve around only one major priority. You have to decide. You have to pick the one priority that that will help you grow and thrive and keep it all together. Once you have that, the other pieces come together. This is how someone determined to live the "Life by Design" would approach it."

With his work in the field of wellness spanning more than 20 countries, Dr. Annamalay has worked with over 15,000 unique individuals. By studying the behavior patterns of such a diverse body of people, he has been able to create a truly effective and all-encompassing time management module. With this new bestseller, Dr. Annamalay helps readers understand their daily routines and their life cycles. By doing so, people can increase the value of their time and achieve more in less time. *Life by Design* helps readers resonate with their natural rhythm to create a sustainable flow of positive energy. Dr. Sundardas D. Annamalay is available for interviews.

*Life by Design: Mastering Energy, Money and Leverage in 9 Simple Steps* is available on Amazon.com.

Book Preview: <https://www.amazon.com/dp/B07FVDY2DN>

Review in the US Review website:

Here's the link <http://www.theusreview.com/reviews/Life-by-Design-by-Sundardas-D-Annamalay.html>

Review in the Pacific Book Review website:

<http://www.pacificbookreview.com/life-by-design/>

**Author Spotlight:**

<http://www.pacificbookreview.com/author-spotlight-sundardas-d-annamalay/>

