

## The Pomodoro Technique Francesco Cirillo

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The Pomodoro technique was created in the 1980s, but TikTok is popularising it again. We asked an expert what the benefits are for our waning concentration, and how to do it. Welcome to The Curiosity ...

Struggling to get anything done? Here's an expert guide to TikTok's favourite concentration hack

Set a timer for 25 minutes, Cirillo says, to focus on the task at hand ... we can become more productive and focused. While The Pomodoro Technique is great for staying focused at work, you can (and ...

Busy? The Pomodoro Technique Can Work Wonders for Productivity—and All You Need Is a Timer

Not only do we have to draw clearer boundaries between our personal and professional lives, working from home also requires us to resist distractions like housemates, partners, pets and Netflix.

Why self-control makes working from home draining

There's five minutes at the end of each half-hour which can be a productive boost Time-management guru Francesco Cirillo ... Known as the pomodoro technique (after the Italian word for tomato ...

How to do less and get more done

Tadam is a menu bar timer app inspired by the Pomodoro task management technique that was developed by Francesco Cirillo in the 1980s. The technique breaks work into discrete time intervals as a means ...

Tadam is an Elegant Mac Timer

These sessions will use the Pomodoro Technique to concentrate on writing without interruption in 25 minute blocks, with 5 minute breaks. Francesco Cirillo developed this time management strategy in ...

Shut Up and Write @The Docs (Morning Session)

Being a working mom was challenging prior to the coronavirus shutdown — juggling work, racing to school or sports, planning quick, nutritious dinners, and giving my kids and husband all the ...

Work-from-Home Survival Tips – Including Hacks for Handling Kids

She recommends using a strategy called the Pomodoro technique to switch between focused and unfocused time. Developed by Francesco Cirillo in the late 1980s, it involves working on a task for a ...

Why self-control makes working from home draining

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