

# The Women's Initiative of Epstein Becker Green Presents: *Tranquility by Tuesday* – An Evening with Author and Time Management Coach Laura Vanderkam

Epstein Becker Green - 18th Floor Atrium 875 Third Avenue New York, New York 10022  
June 13, 2023 | 6:00 pm - 8:00 pm ET | Events

The Women's Initiative of Epstein Becker Green hosted an evening with Laura Vanderkam, acclaimed author and speaker, discussing her new book, *Tranquility by Tuesday: 9 Ways to Calm the Chaos and Make Time for What Matters*.

## **Spend More Time on the Things That Matter, and Less on the Things That Don't.**

Learn to savor life's best moments—no matter how busy you are—through mindset shifts that alter your perception of time. Laura isn't like other time-management coaches. She's not trying to shave off 30 seconds here or there; she's interested in the emotional and psychological side of the 168 hours everyone has each week. Her core message is that you have more time than you think you do, and you can feel less stressed while getting more done.

Laura Vanderkam is the author of several time management and productivity books, including the new *Tranquility by Tuesday: 9 Ways to Calm the Chaos and Make Time for What Matters*, along with *Juliet's School of Possibilities*, *Off the Clock*, *I Know How She Does It*, *What the Most Successful People Do Before Breakfast*, and *168 Hours*. Her work has appeared in publications including the *New York Times*, the *Wall Street Journal*, *Fast Company*, and *Fortune*. She is the host of the podcast "Before Breakfast," and the co-host, with Sarah Hart-Unger, of the podcast "Best of Both Worlds." She lives outside Philadelphia with her husband and five children, and blogs at [LauraVanderkam.com](http://LauraVanderkam.com).

For more information on Laura Vanderkam, please visit: [www.prhspeakers.com](http://www.prhspeakers.com).

*Registration for this event has now ended. If you have any questions, please reach out to [Janey Junker](mailto:Janey.Junker@epsteinbecker.com).*

## **Thank You to Our Partner**

This event is also presented in partnership with 92NY (The 92<sup>nd</sup> Street Y), a world-class cultural and community center where people all over the world connect through culture, arts, entertainment and conversation. If you have any questions about 92NY and 92NY Spark Your Health, please reach out to [Katera Noviello Kapoor](mailto:Katera.Noviello@92ny.org).