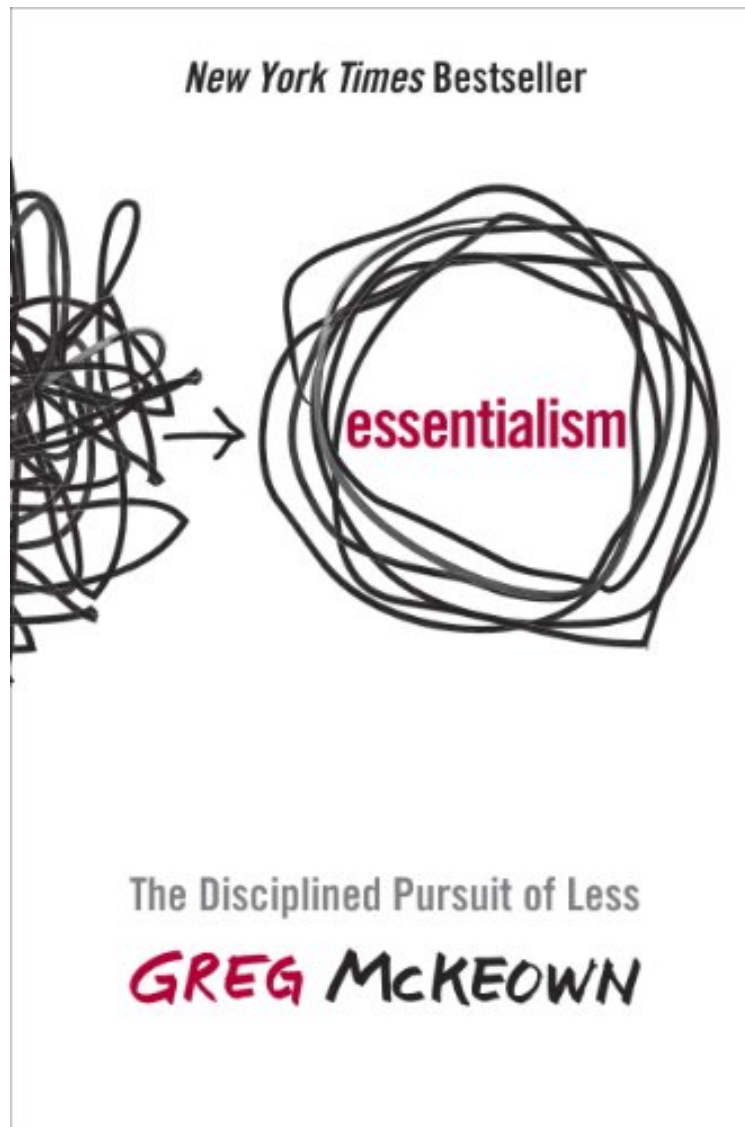


(Ebook free) Essentialism: The Disciplined Pursuit of Less

## Essentialism: The Disciplined Pursuit of Less

Greg McKeown

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**Greg McKeown : Essentialism: The Disciplined Pursuit of Less** before purchasing it in order to gage whether or not it would be worth my time, and all praised Essentialism: The Disciplined Pursuit of Less:

568 of 594 people found the following review helpful. fantastic ( I generally don't like these kinds of books)By j. sistinWhile i like the idea of "helping myself", self-help books have always turned me off. Books i've read seem self indulgent, with the author telling you how awesome they are, all these amazing people they've helped, and how once they share their secret with you everything is going to change, blah blah blah.maybe it just happened to find me at the right time in my own journey, but i loved this book. It talks in a very clear and straightforward manner about how to simplify your life, your thinking, and your purpose to cut out all the extraneous "stuff" that continually distracts us and

focus in on what's really important. People and things (like email!) continual to swirl around us, competing for our attention. When we let them have our attention without being thoughtful, they fill up your life instead of YOU filling up your life and deciding for yourself what your priorities are. It also makes the very commonsense point that when we have 15 different priorities, we have no priorities! Read this book. I felt like it was a great use of time, it had a lot of important things to say, and it was concise in how it said it. 619 of 675 people found the following review helpful. A Well Worn And Often Trod Path By Paul The theme of this book is to simplify your life. Books or self improvement lectures along this theme are hardly new or rare. The slight twist here is that rather than the material, the author ignores possessions and instead concentrates on tasks. Initially the author goes on about how busy people often don't get that much done because they are distracted by unimportant tasks impeding their work on vital tasks by being distractions. This harks back to advice to separate your work into urgent, non-urgent, important and non-important - advice many have heard before. The book, as these often are, is anecdotal. In most books, anecdotal tales consist of anonymous and probably apocryphal, such as, "Lisa S came into my office carrying her saxophone. She denied to me she had her sax with her which confirmed my diagnosis that she was musically delusional" and so forth. Here, the tales are almost always attributed to not only an identifiable person, but one who is at least slightly a public figure - usually a player in the tech industry. The author clearly thinks we'll be impressed not only that he knows these folks but that their having simplified their lives will impress us to follow suit. At several points, the author shows how employees, in an effort to become an 'essentialist' (the goal here) tells their boss something like, "No, I won't do as you say because I want to finish what I'm working on". This defiance, the author tells us, earned the respect of that boss with no adversity or blow back. I think that rather optimistic outside of the high tech Bentley / BMW / Audi / Benz circles this author seems to orbit about within. The gist of the book is about 20 pages. Then we go on for another 80 or so repeating the same advice along with some more celebrity anecdotes. Finally, in the last maybe 30% of the book, the author branches off a bit into what an 'essentialist' is versus a 'non-essentialist' the latter is one who is still clogged up with unimportant tasks. The contrasts have nothing to do with keeping your life simplified. They are just the author's sundry dewdrops of advice on how to conduct your life. Most make plenty of sense but they are clearly in the book only to make it long enough to not look silly. Overall if the message is new to you, then the book is very worthwhile reading, but for most of us, we know this stuff and we're either doing it or finding some roadblock to being able to do it. Conditionally recommended. 3 of 3 people found the following review helpful. Great overview, little actionable if you're currently sinking By L. Camacho Loved the book. If the concept of doing more by doing less is new to you this is as good an introduction as any. But there is very little hand holding in how to actually get started. If you are looking for a step by step book to get your daily life back on track this falls way short. If you are looking for a big picture view to help you identify what's important in your life, this is a great start.

INSTANT NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLER Have you ever felt the urge to declutter your work life? Do you often find yourself stretched too thin? Do you simultaneously feel overworked and underutilized? Are you frequently busy but not productive? Do you feel like your time is constantly being hijacked by other people's agendas? If you answered yes to any of these, the way out is the Way of the Essentialist. The Way of the Essentialist isn't about getting more done in less time. It's about getting only the right things done. It is not a time management strategy, or a productivity technique. It is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution towards the things that really matter. By forcing us to apply a more selective criteria for what is Essential, the disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy - instead of giving others the implicit permission to choose for us. Essentialism is not one more thing - it's a whole new way of doing everything. A must-read for any leader, manager, or individual who wants to do less, but better, and declutter and organize their lives, Essentialism is a movement whose time has come. From the Hardcover edition.

"Do you feel it, too? That relentless pressure to sample all the good things in life? To do all the 'right' things? The reality is, you don't make progress that way. Instead, you're in danger of spreading your efforts so thin that you make no impact at all. Greg McKeown believes the answer lies in paring life down to its essentials. He can't tell you what's essential to every life, but he can help you find the meaning in yours." -- Daniel H. Pink, author of TO SELL IS HUMAN and DRIVE "Entrepreneurs succeed when they say "yes" to the right project, at the right time, in the right way. To accomplish this, they have to be good at saying "no" to all their other ideas. Essentialism offers concise and eloquent advice on how to determine what you care about most, and how to apply your energies in ways that ultimately bring you the greatest rewards." -- Reid Hoffman, co-founder/chairman of LinkedIn and co-author of the #1 NYT bestseller "The Start-up of Your Life" "Greg McKeown's excellent new book is a much-needed antidote to the stress, burnout and compulsion to do everything that infects us all. It is an Essential read for anyone who wants to regain control of their health, well-being, and happiness." -- Arianna Huffington, Co-founder, president, and editor in chief, Huffington Post

Media Group"Essentialism holds the keys to solving one of the great puzzles of life: how can we do less but accomplish more? A timely, essential read for anyone who feels overcommitted, overloaded, or overworked—in other words, everyone. It has already changed the way that I think about my own priorities, and if more leaders embraced this philosophy, our jobs and our lives would be less stressful and more productive. So drop what you're doing and read it."--Adam Grant, Wharton professor and bestselling author of Give and Take

"As a self-proclaimed "maximalist" who always wants to do it all, this book challenged me and improved my life. If you want to work better, not just less, you should read it too." - Chris Guillebeau, NYT bestselling author of The \$100 Startup

"Great design takes us beyond the complex, the unnecessary and confusing, to the simple, clear and meaningful. This is as true for the design of a life as it is for the design of a product. With Essentialism, Greg McKeown gives us the invaluable guidebook for just such a project." -Tim Brown, CEO of IDEO

"In Essentialism, Greg McKeown makes a compelling case for achieving more by doing less. He reminds us that clarity of focus and the ability to say 'no' are both critical and undervalued in business today." -Jeff Weiner, CEO, LinkedIn

"While everyone else is still leafing through Lean In, get a competitive jump on the new year with....Essentialism... learn how to identify the right things, focus on getting them done, and forget the rest. In other words, 'do less, but better.'" - Forbes

"Essentialism is a powerful antidote to the current craziness that plagues our organizations and our lives. Read Greg McKeown's words slowly, stop and think about how to apply them to your life; you will do less, do it better, and begin to feel the insanity start to slip away." - Robert I. Sutton, Professor at Stanford University and author of Good Boss, Bad Boss and Scaling Up Excellence. In a world of increasing chaos and complexity, the ideas and tools of Essentialism turn chaos into commitment and complexity into accomplishment. This timely, well written book is a must read and do for any employee, manager, leader, or parent whoever feels overwhelmed. It is truly the right book at the right time." - Dave Ulrich, Professor, University of Michigan School of Business and Partner, the RBL Group

"Essentialism is a rare gem that will change lives. Greg offers deep insights, rich context and actionable steps to living life at its fullest. I've started on the path to an Essentialist way of life, and the impact on my productivity and well-being is profound." -Bill Rielly, Senior Vice President, Intel Security

"In this likeable and astute treatise on the art of doing less in order to do better...McKeown makes the content fresh and the solutions easy to implement. Following his lucid and smart directions will help readers find "the way of the essentialist" -Success Magazine

"Essentialism will give you richer, sweeter results and put you in real control, giving greater precision to the pursuit of what truly matters." -Forbes.com

From the Hardcover edition. About the Author Greg McKeown writes, teaches, and speaks around the world on the importance of living and leading as an Essentialist. He has spoken at companies including Apple, Google, Facebook, LinkedIn, Salesforce.com, Symantec, and Twitter and is among the most popular bloggers for the Harvard Business and LinkedIn Influencer's group. He co-created the course, Designing Life, Essentially at Stanford University, was a collaborator of the Wall Street Journal bestseller Multipliers and serves as a Young Global Leader for the World Economic Forum. He holds an MBA from Stanford University.