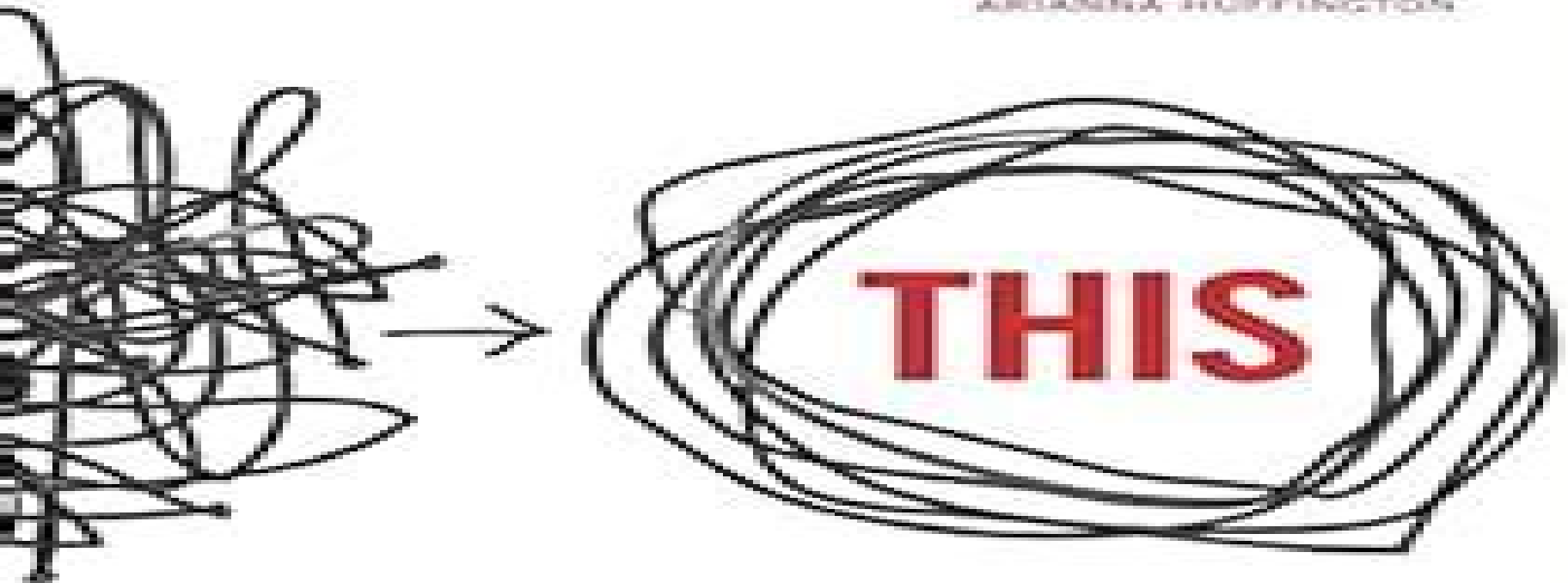


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# essentialism

The Disciplined Pursuit of Less

GREG MCKEOWN

# Essentialism The Disciplined Pursuit Of Less

**Sapiens Editorial**



## **Essentialism The Disciplined Pursuit Of Less:**

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**Summary of Essentialism - The Disciplined Pursuit of Less**, Essentialism is more than just a productivity hack or time management tactic It is a methodical discipline for identifying what is truly necessary and then getting rid of everything else so we may contribute as much as we can to the issues that truly matter The disciplined pursuit of less helps us to retake control of our own decisions about where to spend our valuable time and energy by forcing us to apply more discriminating criteria for what is Essential as opposed to implicitly granting others the right to make such decisions for us Getting more done in less time isn't the goal of the essentialist approach It's not about accomplishing less It's about completing only the appropriate tasks The fundamental beliefs of we can have it all and I have to do everything are being challenged and they are being replaced with the pursuit of the correct decision in the right way at the right time Instead of allowing others to make

decisions for us we should take back control of where we choose to invest our time and energy Disclaimer This is a summary of the book not the original book and contains opinions about the book It is not affiliated in any way with the original author

**Greg Mckeown's Essentialism** ,2016 This is a summary of Greg Mckeown s Essentialism The Disciplined Pursuit of LessAN INSTANT NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLERHave you ever found yourself stretched too thin Do you simultaneously feel overworked and underutilized Are you often 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 learn who to do less but better in every area of their lives Essentialism is a movement whose time has come Available in a variety of formats this summary is aimed for those who want to capture the gist of the book but don t have the current time to devour all 274 pages You get the main summary along with all of the benefits and lessons the actual book has to offer This summary is not intended to be used without reference to the original book

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constantly being hijacked by other people s agendas If you answered yes to any of these the way out is the Way of the  
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important while others are less so If we know how to differentiate between the more and less important tasks and we also  
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efficiency people are often told that multitasking is what it is all about If we read this book we will see that there are easier ways to get things done Essentialism is a book to educate readers about how all things tasks obligations and assignments have a certain priority some may be more urgent or important while others are less so If we know how to differentiate between the more and less important tasks and we also know how to focus on the more important ones we will know what to finish first This is where Essentialism comes to action The book is interesting to read and full of eye opening advice that will surely do a lot of good for many readers After the introduction we will try to summarize the book by presenting the most important facts from the original book So let s get started Here is a Preview of What You Will Get A Detailed Introduction A Comprehensive Chapter by Chapter Summary Etc Get a copy of this summary and learn about the book     **Essentialism**

Instaread,2015-10-08 Essentialism by Greg McKeown Key Takeaways Analysis Review Preview Essentialism The Disciplined Pursuit of Less is a self help book by Greg McKeown The book outlines a minimalist approach to tasks and obligations by focusing on truly important goals and learning to turn down opportunities that do not directly contribute to meeting those goals The modern fixation with multitasking and having it all has paradoxically resulted in accomplished motivated people doing many relatively unimportant things poorly while neglecting their true goals because they are afraid of refusing any request PLEASE NOTE This is key takeaways and analysis of the book and NOT the original book Inside this Instaread of Essentialism Overview of the book Important People Key Takeaways Analysis of Key Takeaways     Summary of Essentialism:

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have a certain priority some may be more urgent or important while others are less so If we know how to differentiate between the more and less important tasks and we also know how to focus on the more important ones we will know what to finish first This is where Essentialism comes to action The book is interesting to read and full of eye opening advice that will surely do a lot of good for many readers After the introduction we will try to summarize the book by presenting the most important facts from the original book So let s get started Here Is A Preview Of What You Will Get In Essentialism you will get a summarized version of the book In Essentialism you will find the book analyzed to further strengthen your knowledge In Essentialism you will get some fun multiple choice quizzes along with answers to help you learn about the book Get a copy and learn everything about Essentialism The Disciplined Pursuit of Less      Zero to One: Notes on Startups, Or how to Build the Future Greg McKeown, Peter A. Thiel, 2014

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