

Online Library Essentialism: The Disciplined Pursuit Of Less

Essentialism: The Disciplined Pursuit Of Less

Wall Street Journal Business Bestseller A
Financial Times Business Book of the Month
Named by The Washington Post as One of the
11 Leadership Books to Read in 2018 From
the New York Times bestselling coauthor of
Great by Choice comes an authoritative,
practical guide to individual
performance—based on analysis from an
exhaustive, groundbreaking study. Why do

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some people perform better at work than others? This deceptively simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his “Seven Work Smarter Practices” that can be applied by anyone looking to maximize their time and performance. Each of Hansen’s seven practices is highlighted by inspiring stories from individuals in his comprehensive study.

Online Library Essentialism: The Disciplined Pursuit Of Less

You'll meet a high school principal who engineered a dramatic turnaround of his failing high school; a rural Indian farmer determined to establish a better way of life for women in his village; and a sushi chef, whose simple preparation has led to his restaurant (tucked away under a Tokyo subway station underpass) being awarded the maximum of three Michelin stars. Hansen also explains how the way Alfred Hitchcock filmed Psycho and the 1911 race to become the first explorer to reach the South Pole

Online Library Essentialism: The Disciplined Pursuit Of Less

both illustrate the use of his seven practices (even before they were identified). Each chapter contains questions and key insights to allow you to assess your own performance and figure out your work strengths, as well as your weaknesses. Once you understand your individual style, there are mini-quizzes, questionnaires, and clear tips to assist you focus on a strategy to become a more productive worker. Extensive, accessible, and friendly, Great at Work will help you achieve more by working less, backed by

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unprecedented statistical analysis. A guide for the next generation of writers—self-care rituals, creativity-generating rhythms, and personalized strategies for embracing a creative life *Wild Words* is an invitation to explore the intersection of your writing practice with everything else in your busy life. Through personal stories and practical lessons you'll learn how to enter a new relationship with your creativity, one that honors where you've been, where you're headed, and where you

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are today. Discover methods to support a sustainable writing practice, clarifying and nourishing routines, an understanding of your own creative history, and guidance on how to make small but powerful mind-set shifts (such as how to see a career as a partner rather than an obstacle). Above all, Wild Words encourages you to approach creativity through a seasonal lens and helps you untangle the messy process of embracing your circumstances, trusting your voice, and making time to put pen to paper, season after

Online Library Essentialism: The Disciplined Pursuit Of Less

season.

Things are what you make of them Every day is a chance to create something new for yourself. Put down your phone and pick up a pencil. Give yourself some space. The Internet will still be there. Start with one page at a time, and you'll be surprised at just how much you can create. Each of the 365 prompts in 1 Page at a Time will encourage you to draw, write, list, reflect, and share. This book is your new best friend. Let's get started! Now available in red, blue, and

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yellow!

“A profound and accessible guide to an ecological civilization of peace, material sufficiency, and spiritual abundance for all.”

—David Korten, international-bestselling author of *When Corporations Rule the World*
Consumerism drives the pursuit of happiness in much of the world, yet as wealth grows unhappiness abounds, compounded by the grave problems of climate change, pollution, and ecological degradation. We've now reached both an environmental and spiritual

Online Library Essentialism: The Disciplined Pursuit Of Less

dead-end that leaves us crying out for alternatives. *Elegant Simplicity* provides a coherent philosophy of life that weaves together simplicity of material life, thought, and spirit. In it, Satish Kumar, environmental thought leader and former monk, distills five decades of reflection and wisdom into a guide for everyone, covering:

- The ecological and spiritual principles of living simply
- Shedding both “stuff” and psychological baggage
- Opening your mind and heart to the deep value of relationships
- Embedding simplicity

Online Library Essentialism: The Disciplined Pursuit Of Less

in all aspects of life including education and work · Merging science and spirituality for a coherent worldview. Elegant Simplicity is a life guide for everyone wanting off the relentless treadmill of competition and consumption and seeking a life that prioritizes the ecological integrity of the Earth, social equity, and personal tranquility and happiness. “Satish Kumar embodies the elegance of simplicity . . . follow his path to make your life simple, elegant, and inspiring.” —Deepak Chopra, New York

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Times–bestselling author “In this moving and eloquent book, Satish Kumar takes us through his own journey to a simpler, happier life with a low ecological footprint.” —David Suzuki, award-winning geneticist, author, broadcaster, and environmental activist

A Navy SEAL's Way of Life

Easyread Edition

Unbreakable

The Disciplined Pursuit of Less Summary

The Disciplined Pursuit of Less by Greg

McKeown | Key Takeaways, Analysis &

Online Library Essentialism: The Disciplined Pursuit Of Less

Review

Multipliers

How to Write Less and Achieve More

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. *The Great Mental Models: General Thinking*

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Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the

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best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME
Ottawa, Ontario, Canada

If Barbara Brown Taylor and Steven Covey ever wrote a book together, this might be the book! Living Compass is a church-based faith and wellness program designed for individuals and small groups.

Online Library Essentialism: The Disciplined Pursuit Of Less

Readers engage in a 10-week, self-guided wellness retreat, consisting of daily ten-minute readings, plus small, meaningful action steps designed for getting “your life, your relationships, and your work headed in a new direction,” according to the author. Deeply spiritual and exceedingly practical, this book joins the national Living Compass network, which includes a website, workshop series, wellness resources (including a free Living Well with Living Compass app), social media, and soon, a new multi-million-dollar wellness center to be located in the offices of the Episcopal Diocese of Chicago. Structured holistic wellness program for individuals and groups based on a highly successful retreat model developed by priest-

Online Library Essentialism: The Disciplined Pursuit Of Less

psychologist. Builds on the national network of Living Compass workshops, presentations, and publications, and soon, a multi-million faith and wellness center in Chicago. Each chapter includes questions for reflection.

Have you ever found yourself struggling with information overload? Have you ever felt both overworked and underutilised? Do you ever feel busy but not productive? If you answered yes to any of these, the way out is to become an Essentialist. In Essentialism, Greg McKeown, CEO of a Leadership and Strategy agency in Silicon Valley who has run courses at Apple, Google and Facebook, shows you how to achieve what he calls the disciplined pursuit of less.

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Being an Essentialist is about a disciplined way of thinking. It means challenging the core assumption of 'We can have it all' and 'I have to do everything' and replacing it with the pursuit of 'the right thing, in the right way, at the right time'. By applying a more selective criteria for what is essential, the pursuit of less allows us to regain control of our own choices so we can channel our time, energy and effort into making the highest possible contribution toward the goals and activities that matter. Using the experience and insight of working with the leaders of the most innovative companies and organisations in the world, McKeown shows you how to put Essentialism into practice in your own life, so you too can achieve

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something great.

Essentialism The Disciplined Pursuit of Less Currency

The Way We're Working Isn't Working

Less Is More

Elegant Simplicity

The Dad's Edge

Six Essential Strategies to Help Young People Discover and Love Your Church

Clear Concise Compelling

Life, for most of us, feels like a movie we've arrived to forty minutes late. Sure, good things happen, sometimes beautiful

Online Library Essentialism: The Disciplined Pursuit Of Less

things. But tragic things happen too. What does it mean? We find ourselves in the middle of a story that is sometimes wonderful, sometimes awful, usually a confusing mixture of both, and we haven't a clue how to make sense of it all. No wonder we keep losing heart. We need to know the rest of the story. For when we were born, we were born into the midst of a great story begun before the dawn of time. A story of adventure, of risk and loss, heroism . . . and betrayal. A

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story where good is warring against evil, danger lurks around every corner, and glorious deeds wait to be done. Think of all those stories you've ever loved--there's a reason they stirred your heart. They've been trying to tell you about the true Epic ever since you were young. There is a larger story And you have a crucial role to play.

"There are a lot of books about goal setting. This one is special." — Scott Warner, CEO, Gigg When it comes to

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productivity, hard work is half the battle. The first half—the crucial half—is planning well. The DO LESS method is a simple way to achieve your goals more often, in less time, and with greater peace of mind. Learn how to: Decide the right goals for you Create workable strategies for reaching them Harness time for maximum efficiency From the big-picture down to the details, Claire Diaz-Ortiz walks you through every step of setting and achieving smart goals. She

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helps you brainstorm goals, choose the best ones, and adjust them to make them realistic. Then she helps you strategize how to reach them, day-by-day, year-by-year. Whether you want to finish a house project, lose weight, or write a book, Design Your Day—by someone who read 150 books while caring for an infant—is an all-in-one guide to smart productivity. Use Claire's tricks and tools and you'll be amazed at what you can do in a day, let alone a lifetime.

Online Library Essentialism: The Disciplined Pursuit Of Less

**** Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to do better limiting yourself to essential activities. You will also learn : to identify the essential activities to eliminate the others; how to say "no" with elegance; how to effortlessly perform the activities you have decided to focus on; to free yourself from side commitments to focus on what***

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really matters. If you do a lot of different activities, you may feel overwhelmed or realize that you are never going to finish your ideas. In this context, essentialism can help you. This reference to essentialism is neither a step backwards nor a confinement on oneself. On the contrary, it is a modern and innovative idea, now adopted by many personalities and companies. Essentialism also requires good discipline, because you have to follow precise steps to achieve it.

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Are you ready to change your way of life?

****Buy now the summary of this book for the modest price of a cup of coffee!***

NEW YORK TIMES BESTSELLER - Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."--Jenna Fischer, actor and cohost of the Office Ladies podcast
The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track

Online Library Essentialism: The Disciplined Pursuit Of Less

your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom, have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you to be a genius about what matters and lazy

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about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: - Decide once - Start small - Ask the Magic Question - Go in the right order - Schedule rest Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again.

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***Living Well in Thought, Word, and Deed
5 Movement Principles for a Stronger
Body, Sharper Mind, and Stress-Proof
Life***

***Accomplishing More by Managing Your
Time, Attention, and Energy***

***Extended Summary Of Essentialism: The
Disciplined Pursuit Of Less - By Greg
McKeown***

***The Hidden Habits of Top Performers
Effortless***

1 Page at a Time (Red)

Online Library Essentialism: The Disciplined Pursuit Of Less

If you could improve one area in your dad journey...what would it be? What would it be like if you mastered not one, but several aspects of your dad journey all at once? What would life be like if you improved your level of patience, had better and deeper connections with your wife and kids, improved your relationships outside the immediate family, and all while mastering a good work/life balance? How would life be different if you did this? Hello, I'm Larry Hagner and I'm a dad. I love being a dad. And I believe that being a dad is one of the most rewarding aspects of a man's life. However, being a father can humble you like nothing else can. There really is no

Online Library Essentialism: The Disciplined Pursuit Of Less

roadmap. With so few resources out there for dads like us, I decided to create The Dad Edge to help YOU as a dad to give you easy to implement techniques you can use to be your very best and enjoy your journey of fatherhood. The Dad's Edge will help you:

- * Master work/life balance*
- Discover three techniques to improve and maintain a great connection with your kids*
- Improve your connection & intimacy with your spouse, no matter how busy you are*
- Improve your relationships outside the immediately family*
- Uncover three easy ways to improve your patience short term and long term*
- Discover simple ways to show up big for your kids and be present in the

Online Library Essentialism: The Disciplined Pursuit Of Less

moment* Thrive (Not Survive) your journey of fatherhood If you can identify with one or more of these issues, I understand first hand. Every one of us struggles with these issues on our dad journey and now I've empowered you with some great strategies and a solid roadmap in The Dad's Edge so you can relax and feel confident you are "good dad focused" and nothing will stand in your way!

INTRODUCTION Do you usually say, "I have to do it / I should do it", instead of freely choosing if you want to do a certain activity? If you answered yes, then you are not following the path of essentialism. This book, written by

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Greg McKeown, studies essentialism, a systematic discipline that seeks to locate the most essential tasks of a particular activity. This approach allows for a more planned and easier execution of your routine, since it will eliminate everything that is unnecessary. The aim of the author is to help us discover what is fundamental, essential, a thought that will allow us to have a more useful and productive life. If we define essentialism in a few words, we would say that it is the art of doing less but with a better outcome. In other words, the idea is to do the essentials and make smarter use of your time, energy and resources. Essentialism seeks to achieve few but

Online Library Essentialism: The Disciplined Pursuit Of Less

significant achievements, instead of having many of little relevance. But how do we distinguish between the relevant and the irrelevant, the necessary from the unnecessary? We must learn to simplify our lives. It may seem like an unrealistic postulate, but let's reflect a little on this. To work in current societies and achieve a good standard of living with better opportunities, peoples work schedules tend to be excessive. We are bombarded with this idea of abundance, resulting in our feeling that we must have everything, but can we? Evidently, not. We cannot know everything, and we cannot have all the tools and if we did, it doesnt mean that we would be happy. If

Online Library Essentialism: The Disciplined Pursuit Of Less

we analyze this thought of abundance, you will see that there are many things or activities that become unnecessary, simply because you do not have the time to make use of them. For this reason, it is better that we focus on what we should do, on what is fundamental to our happiness and our success. These arguments are based on McKeown's background as a business coach and his own personal experiences. He proposes that if we focus on "less, but better" our progress will be huge, because we will be directing our efforts in one direction, instead of dividing it into thousands of directions. In this text you will learn to identify the essential things in your life and

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how you can eliminate unnecessary activities. This process seems very simple and trivial, but it will allow you to develop a greater mental and emotional strength, and an attitude that will greatly improve your performance. In addition, focusing only on the essentials allows us to be clearer in our objectives and our decision making is better. Although it seems hard to believe, our decision-making ability is undermined by the overwhelming feeling of having too much to do. And this path leads to one place: having a life full of passivity.

ABOUT GREG MCKEOWN: AUTHOR OF THE ORIGINAL BOOK Greg McKeown (born in

Online Library Essentialism: The Disciplined Pursuit Of Less

London, England, in 1977) is a public speaker, a leadership and business consultant, and also an author. He is the founder and CEO of THIS, Inc., a leadership and strategy design agency based in Silicon Valley. In 2012, the World Economic Forum introduced McKeown to the Young Global Leaders Forum. His project Essentialism: The Disciplined Pursuit of Less, is a business and self-help book that deals with how to lead a more meaningful and successful life. McKeown earned an MBA from the Stanford Graduate School of Business after studying communications and journalism at Brigham Young University. Originally from England, he is now a US

Online Library Essentialism: The Disciplined Pursuit Of Less

citizen and lives in Menlo Park, California. Prior to founding THIS, Inc., Greg worked for the Global Leadership Practice at Heidrick & Struggles.

ESSENTIALISM - Less is More! If you are tired of being bogged down by a sense of unworthiness due to our society's concept of "more is better," then you have come to the right place. Modern day culture has become sick with materialism and most people are living in this "rat race" which we call life. Unfortunately, this is a game which can't be won, however many others are waking up to a new way of being. Living life though Essentialism. Within this book, you will discover ways to repave your

Online Library Essentialism: The Disciplined Pursuit Of Less

life path to where it leads you to more fulfillment and prosperity, instead of a lack of happiness and considerable feelings of failure. Even though we are taught at an early age that the things we own physically do not define who we are, society totally warped this and made the world seem as though owning the latest products will bring us a sense of inner peace in all aspects of life. Unfortunately, you will find that no matter how much awesome stuff you own, you will never feel the passion, success, and gratification you deserve from the things that take up physical room in your everyday life. This is where the concept of Essentialism comes strongly into play. As we

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begin to declutter our lives and choose to concentrate on what is most important to us, we become freer to express our true selves and inherent creativity. Within this book, you will discover - The meaning behind Essentialism What it takes to be an Essentialist How adopting the Essentialist lifestyle can drastically change your entire life for the better Guidance for how you can begin eliminating things which don't matter How to give more focus to what is truly important Use Essentialism to transform all your relationships Easy tips of how to develop an Essentialist mindset Your real worth in this life doesn't come from your belongings, it comes from your character but also

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how you strategically play the game of life with the many distractions and temptations around you. This book will show you how to play to your strengths! Each day is a new opportunity to become a better you. Why not start today in a way that will change your life for the better, forever.

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Greg McKeown's bestselling book, Essentialism offers actionable, life-changing advice on how to separate the few things that matter in your work and life from the noise that constantly surrounds you. This FastReads Summary offers

Online Library Essentialism: The Disciplined Pursuit Of Less

supplementary material to Essentialism to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, FastReads Summary is here to help. Absorb everything you need to know in under 20 minutes! What does this FastReads Summary Include? Executive summary of the original book Detailed chapter-by-chapter synopses Key Takeaways from each chapter Exposition & Analysis Original Book Summary Overview Greg McKeown cuts through the jargon of

Online Library Essentialism: The Disciplined Pursuit Of Less

productivity literature to remind his readers the one thing they are losing sight of in the face of increasing opportunities: no one can have it all. He builds on the personal philosophy of Mahatma Gandhi, Steve Jobs, and other iconic personalities to offer insightful, research-backed, and practical tips for taking back control of your life by embracing the power of less. Any team leader, parent, or individual feeling strained by the weight of a schedule spiraling out of control will find this book invaluable. **BEFORE YOU BUY:** The purpose of this FastReads Summary is to help you decide if it's worth the time, money and effort reading the original book (if you

Online Library Essentialism: The Disciplined Pursuit Of Less

haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, Essentialism.

To Sell Is Human

The Art of Living Well

Getting to More Without Settling for Less

Summary and Analysis of Greg Mckeowns Essentialism: the Disciplined Pursuit of Less

How the Best Leaders Make Everyone Smarter

How to Set the Stage for Creative Collaboration

Embrace What Matters, Ditch What Doesn't, and Get

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Stuff Done

"If you are determined to encourage creativity and provide a collaborative environment that will bring out the best in people, you will want this book by your side at all times." –Bill Moggridge, Director of the Smithsonian's Cooper-Hewitt National Design Museum

"Make Space is an articulate account about the importance of space; how we think about it, build it and thrive in it."

–James P. Hackett, President and CEO, Steelcase

An inspiring guidebook filled with ways to alter space to fuel creative work and foster collaboration. Based on the work at

Online Library Essentialism: The Disciplined Pursuit Of Less

the Stanford University d.school and its Environments Collaborative Initiative, MakeSpace is a tool that shows how space can be intentionally manipulated to ignite creativity. Appropriate for designers charged with creating new spaces or anyone interested in revamping an existing space, this guide offers novel and non-obvious strategies for changing surroundings specifically to enhance the ways in which teams and individuals communicate, work, play--and innovate. Inside are: Tools--tips on how to build everything from furniture, to wall treatments, and rigging

Online Library Essentialism: The Disciplined Pursuit Of Less

Situations--scenarios, and layouts for sparking creativeactivities Insights--bite-sized lessons designed to shortcut yourlearning curve Space Studies--candid stories with lessons on creatingspaces for making, learning, imagining, and connecting Design Template--a framework for understanding, planning,and building collaborative environments Make Space is a new and dynamic resource for activatingcreativity, communication and innovation across institutions,corporations, teams, and schools alike. Filled with tips andinstructions that can be approached from a

Online Library Essentialism: The Disciplined Pursuit Of Less

wide variety of angles, Make Space is a ready resource forempowering anyone to take control of an environment.

Use posture and body alignment to build strength, achieve peak performance, reduce pain, and find a new sense of confidence with celebrity manual therapist and movement coach Aaron Alexander. Good posture is about more than standing up straight: It can change your mood, alleviate pain, rid your body of stressful tension, and may be the difference between getting that raise you've wanted and attracting your ideal mate, or not. But in order to reap all those benefits, the body

Online Library Essentialism: The Disciplined Pursuit Of Less

must be properly integrated. Celebrity movement coach and manual therapist Aaron Alexander offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. The Align Method centers on five daily optimizations that can be easily integrated into any workout, mindfulness practice, or daily life activity: Floor Sitting Hanging Hip-Hinging Walking Nose Breathing A truly aligned life isn't limited to sweating in a gym or stretching in a yoga studio, and Alexander provides the fundamental principles

Online Library Essentialism: The Disciplined Pursuit Of Less

to optimize your physical and mental process in any situation. Blending Eastern philosophy with Western mechanics, The Align Method brilliantly outlines the necessary tools to leverage the power of your own senses and body language to feel more flexible and confident, and details exactly how to reshape your environment for enhanced creativity and longevity. This is the quintessential user's manual to feeling better than you ever thought possible, and looking great while you're at it!

Wall Street Journal Bestseller A thought-provoking, accessible, and essential

Online Library Essentialism: The Disciplined Pursuit Of Less

exploration of why some leaders ("Diminishers") drain capability and intelligence from their teams, while others ("Multipliers") amplify it to produce better results. Including a foreword by Stephen R. Covey, as well the five key disciplines that turn smart leaders into genius makers, Multipliers is a must-read for everyone from first-time managers to world leaders. This is a summary of Greg Mckeown's Essentialism The Disciplined Pursuit of Less AN INSTANT NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLER Have you ever found yourself stretched too thin? Do you

Online Library Essentialism: The Disciplined Pursuit Of Less

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

Online Library Essentialism: The Disciplined Pursuit Of Less

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 how to do less, but better, in every area of their lives, Essentialism is a movement whose time has

Online Library Essentialism: The Disciplined Pursuit Of Less

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.

The Productivity Project

The Five Secrets You Must Discover Before You Die

Growing Young

By Greg Mckeown

Make Space

Online Library Essentialism: The Disciplined Pursuit Of Less

The Surprising Truth About Moving Others
Summary of Essentialism

Examines the laws of nature.

It's normal to feel overwhelmed by the hard things in life, but lately doesn't it seem like we're feeling this way a lot more often than we used to? The problem isn't a lack of motivation or effort, but that motivation and effort are limited resources. The more we deplete them, the more burnt out we get, making it even harder to produce the results we want. In 'Effortless', Greg McKeown show us how to make essential tasks easier so that we can accomplish more of what matters, without burning

Online Library Essentialism: The Disciplined Pursuit Of Less

out. From the author of 'Essentialism'.
Essentialism: The Disciplined Pursuit of Less-
Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) An ideal book for anyone who thinks that they are too "busy" but aren't doing anything productive. Essentialism is a book about priorities. It's not about somehow managing to do all of the activities in your life disregarding if they are important or not, it's about having a detailed plan of what's important for you and what's not and starting from there. That is why it is called the pursuit of less because during that quest for "less"

Online Library Essentialism: The Disciplined Pursuit Of Less

you'll find out that you're actually doing more. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) "There should be no shame in admitting to a mistake; after all, we really are only admitting that we are now wiser than we once were." - Greg McKeown Essentialism forces us to be more selective in regards to what is essential and what isn't. Pursuing less give us the liberty of choosing what we want to do and regain control of our schedule. There is no need to be overwhelmed just because you feel like you can't get anything done. With this book, you'll discover

Online Library Essentialism: The Disciplined Pursuit Of Less

what activities you should get rid of to achieve much more! Greg McKeown stresses that you can have complete control over your schedule if you just start weighing out priorities. It's time for you to become productive. P.S. Essentialism is an extremely useful book that will help you make the most out of every single day. When you start making the right decisions about your priorities, you'll begin optimizing the time to start doing something for your future. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Why Choose Us,

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Readtrepreneur? Highest Quality Summaries
Delivers Amazing Knowledge Awesome
Refresher Clear And Concise Disclaimer Once
Again: This book is meant for a great
companionship of the original book or to simply get
the gist of the original book.

Shares advice for transitioning away from
unfulfilling jobs to embark on adventurous,
meaningful careers, outlining recommendations for
starting a personal business with a minimum of
time and investment while turning ideas into higher
income levels. 60,000 first printing.

The Story God is Telling

Online Library Essentialism: The Disciplined Pursuit Of Less

Rituals, Routines, and Rhythms for Braving the Writer's Path

The Disciplined Pursuit of Less

Greg Mckeown's Essentialism

The Personal MBA 10th Anniversary Edition

Great at Work

Scientific Essentialism

**Look out for Daniel Pink's new book,
When: The Scientific Secrets of Perfect
Timing #1 New York Times Business
Bestseller #1 Wall Street Journal
Business Bestseller #1 Washington Post**

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bestseller From the bestselling author of Drive and A Whole New Mind, and teacher of the popular MasterClass on Sales and Persuasion, comes a surprising--and surprisingly useful--new book that explores the power of selling in our lives. According to the U.S. Bureau of Labor Statistics, one in nine Americans works in sales. Every day more than fifteen million people earn their keep by persuading someone else to make a

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purchase. But dig deeper and a startling truth emerges: Yes, one in nine Americans works in sales. But so do the other eight. Whether we're employees pitching colleagues on a new idea, entrepreneurs enticing funders to invest, or parents and teachers cajoling children to study, we spend our days trying to move others. Like it or not, we're all in sales now. *To Sell Is Human* offers a fresh look at the art and science of selling. As he did in

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Drive and A Whole New Mind, Daniel H. Pink draws on a rich trove of social science for his counterintuitive insights. He reveals the new ABCs of moving others (it's no longer "Always Be Closing"), explains why extraverts don't make the best salespeople, and shows how giving people an "off-ramp" for their actions can matter more than actually changing their minds. Along the way, Pink describes the six successors to the elevator pitch, the

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three rules for understanding another's perspective, the five frames that can make your message clearer and more persuasive, and much more. The result is a perceptive and practical book--one that will change how you see the world and transform what you do at work, at school, and at home.

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives.

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Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost

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experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the

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impact of his experiments on the quality and quantity of his work. The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you:

- slowing down to work more deliberately;
- shrinking or eliminating the unimportant;
- the rule of three;
- striving for imperfection;
- scheduling less time for important tasks;
- the 20 second rule to distract

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yourself from the inevitable distractions; · and the concept of productive procrastination. In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more. The 10th anniversary edition of the bestselling foundational business training manual for ambitious readers, featuring new concepts and mental models: updated, expanded, and revised.

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Many people assume they need to attend business school to learn how to build a successful business or advance in their career. That's not true. The vast majority of modern business practice requires little more than common sense, simple arithmetic, and knowledge of a few very important ideas and principles. The Personal MBA 10th Anniversary Edition provides a clear overview of the essentials of every major business topic: entrepreneurship,

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product development, marketing, sales, negotiation, accounting, finance, productivity, communication, psychology, leadership, systems design, analysis, and operations management...all in one comprehensive volume. Inside you'll learn concepts such as: **The 5 Parts of Every Business: You can understand and improve any business, large or small, by focusing on five fundamental topics. The 12 Forms of Value: Products and services**

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are only two of the twelve ways you can create value for your customers. 4

Methods to Increase Revenue: There are only four ways for a business to bring in more money. Do you know what they are? Business degrees are often a poor investment, but business skills are always useful, no matter how you acquire them. The Personal MBA will help you do great work, make good decisions, and take full advantage of your skills, abilities, and available

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opportunities--no matter what you do (or would like to do) for a living. Unleashing the Passion of Young People in Your Church Is Possible! Churches are losing both members and vitality as increasing numbers of young people disengage. Based on groundbreaking research with over 250 of the nation's leading congregations, Growing Young provides a strategy any church can use to involve and retain teenagers and young adults. It profiles innovative

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churches that are engaging 15- to 29-year-olds and as a result are growing--spiritually, emotionally, missionally, and numerically. Packed with both research and practical ideas, *Growing Young* shows pastors and ministry leaders how to position their churches to engage younger generations in a way that breathes vitality, life, and energy into the whole church. Visit www.churchesgrowingyoung.org for more information.

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The \$100 Startup

Good Boss, Bad Boss

The Lazy Genius Way

The Disciplined Pursuit of Less by Greg Mckeown

SUMMARY - Essentialism: The Disciplined Pursuit Of Less By Greg Mckeown

The Four Forgotten Needs That Energize Great Performance

Summary: Essentialism: the Disciplined Pursuit of Less

Now with a new chapter that focuses on what great boss

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really do. Dr. Sutton reveals new insights that he's learned since the writing of *Good Boss, Bad Boss*. Sutton adds revelatory thoughts about such legendary bosses as Ed Catmull, Steve Jobs, A.G. Lafley, and many more, and how you can implement their techniques. If you are a boss who wants to do great work, what can you do about it? *Good Boss, Bad Boss* is devoted to answering that question. Stanford Professor Robert Sutton weaves together the best psychological and management research with compelling stories and cases to reveal the mindset and moves of the (and worst) bosses. This book was inspired by the deluge of emails, research, phone calls, and conversations that Dr. Sutton experienced after publishing his blockbuster bestse

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The No Asshole Rule. He realized that most of these stories and studies swirled around a central figure in every workplace: THE BOSS. These heart-breaking, inspiring, and sometimes funny stories taught Sutton that most bosses their followers - wanted a lot more than just a jerk-free workplace. They aspired to become (or work for) an all-around great boss, somebody with the skill and grit to inspire superior work, commitment, and dignity among their charges. As Dr. Sutton digs into the nitty-gritty of what the best (and worst) bosses do, a theme runs throughout *Good Boss, Bad Boss* - which brings together the diverse lessons and is a hallmark of great bosses: They work doggedly to "stay in touch" with how their followers (and superiors, peers, and customers)

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too) react to what they say and do. The best bosses are aware that their success depends on having the self-awareness to control their moods and moves, to accurately interpret the impact on others, and to make adjustments on the fly that continuously spark effort, dignity, and pride among their people.

This is a summary of Greg Mckeown's Essentialism The Disciplined Pursuit of Less AN INSTANT NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLER Have 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

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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 criterion 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 m

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read for any leader, manager, or individual who wants to learn how 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

"Have you ever found yourself stretched too thin? Do you often feel simultaneously overworked and underutilized? Are you often busy but not productive? Do you feel your time is constantly being hijacked by other people's agendas? If you answered yes to any of these questions, the way out is th

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of the Essentialist. Essentialism isn't about getting more done in less time. It's about getting only the right things done. Once we discern what is absolutely essential and eliminate everything else can we make our highest possible contribution toward things that truly matter. By forcing us to apply more selective criteria for where to spend our precious time and energy, the disciplined pursuit of less empowers us to reclaim control of our own choices, instead of giving others the implicit permission to choose for us. Essentialism is not one more thing to do. It's a whole new way of doing less, but better, in every area of our lives"--Back cover.

This book was previously titled, Be Excellent at Anything. The Way We're Working Isn't Working is one of those rare book

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with the power to profoundly transform the way we work live. Demand is exceeding our capacity. The ethic of "more, bigger, faster" exacts a series of silent but pernicious cost work, undermining our energy, focus, creativity, and passion. Nearly 75 percent of employees around the world feel disengaged at work every day. *The Way We're Working Isn't Working* offers a groundbreaking approach to reenergizing our lives so we're both more satisfied and more productive the job and off. By integrating multidisciplinary findings from the science of high performance, Tony Schwartz, coauthor of the #1 bestselling *The Power of Full Engagement*, makes a persuasive case that we're neglecting the four core needs energize great performance: sustainability (physical); security

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(emotional); self-expression (mental); and significance (spiritual). Rather than running like computers at high speed for long periods, we're at our best when we pulse rhythmically between expending and regularly renewing energy across each of our four needs. Organizations undermine sustainable high performance by forever seeking to get more out of their people. Instead they should seek systematically to meet their four core needs so they're refueled, and inspired to bring the best of themselves to work every day. Drawing on extensive work with an extraordinary range of organizations, among them Google, Ford, Sony, Ernst & Young, Shell, IBM, the Los Angeles Police Department, and the Cleveland Clinic, Schwartz creates a

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road map for a new way of working. At the individual level, explains how we can build specific rituals into our daily schedules to balance intense effort with regular renewal; connect emotionally draining experiences with practices that fuel resilience; move between a narrow focus on urgent demands and more strategic, creative thinking; and balance a short-term focus on immediate results with a values-driven commitment to serving the greater good. At the organizational level, he outlines new policies, practices, and cultural messages that Schwartz's client companies have adopted. *Way We're Working Isn't Working* offers individuals, leaders, and organizations a highly practical, proven set of strategies to better manage the relentlessly rising demands we all face.

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an increasingly complex world.

Design Your Day

The Great Mental Models: General Thinking Concepts
Be More Productive, Set Better Goals, and Live Life On Purpose

9 Simple Ways to Have: Unlimited Patience, Improved Relationships, and Positive Lasting Memories

Scaling Up Excellence

Wild Words

The Align Method

A highly decorated Navy SEAL shares stories of his years of combat experience in Afghanistan, providing leadership insights that will shift your view of yourself and provoke

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life-altering change. Before leaving for combat in Afghanistan, Navy SEAL Thom Shea promised his wife that he would write to his children in case he didn't make it back. What was initially intended to be a private memoir for his family turned into a powerful set of lessons for anyone striving to perform beyond what they believe possible. Shea's stories, while action-packed and entertaining, provide incredible insights on leadership, family, and excellence. In *Unbreakable*, Shea teaches readers how to achieve and maintain a strong internal dialogue through no matter what the task. Read this book and transform your life.

Learn How To Become An Essentialist In A Fraction Of The Time It Takes To Read The Actual Book!!! Get this 1#

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Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device Essentialism is a great book for anyone who would like to improve their life by accomplishing important goals. This book will teach people how to reduce the amount of stress they feel in addition to increasing the energy that they possess. The teachings found in essentialism have been around for thousands of years, but they have not been utilized by many people in the Western Hemisphere. Many intellects and spiritual masters from the Eastern world have been teaching these principles to anyone who would listen. The book starts out by displaying real world examples of people in the Western Hemisphere who have benefited from these teachings. The concept of

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essentialism is broken down into about four different steps that make it easy for anyone to learn how to become an essentialist. The essentialist mindset is examined in comparison to the non-essentialist mindset. The Western world has promoted many non-essentialist values and by understanding these values people can stop incorporating them into their lives. Here Is A Preview Of What You'll Learn When You Download Your Copy Today How Essentialism Is Different From Non-essentialism The Reason Why Essentialists Have Less Stress Learn Why Hard Work Alone Is Not enough Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of Greg Mckeown's "Essentialism" for a special

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discounted price of only \$2.99"

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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.

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

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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 Make it Easier to Do what Matters Most A Daily Creative Companion Reinvent the Way You Make a Living, Do what You Love, and Create a New Future Your Living Compass How to Be the Best... and Learn from the Worst Epic Essentialism

This is a book for people at every stage of life. It

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is a book for young people who are just starting out on the journey of life. Just as young internet-savvy people use the net to tap the experiences of others with products or travel locations, so I hope you will find the life experiences of these people equally fascinating. Wisdom does not have to come when we are old; we can find it much sooner. This is also a book for those in mid-life, like me, who want to ensure that we discover what matters before it is too late. It is also a book for those in their later years, who wish to reflect on their life experiences and

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discover ways to pass wisdom on to those who follow.

Essentialism: by Greg McKeown | Summary & Analysis A Smarter You In 15 Minutes... What is your time worth? Essentialism is now reported as the bestseller in New York Times and Wall Street Journal. The book was originally published on April 15, 2014, written by Greg McKeown. He is the founder of THIS Inc., leadership and business consultant, a public speaker, and an author. In this book, the author explains that being essentialist involves doing less but better

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means doing a lot of jobs well done in a less time not getting less done. It is about doing things right and doing the right things. He also shows how to achieve the "Disciplined pursuit of less." Greg McKeown makes captivating thoughts for us to be able to achieve more by doing less or in less time. It has a great impact on our lives and can help us to focus on what we are doing. This book has an influence on many people about having a control over their own choices. It is a matter of quality over quantity and a mindset, which can improve us as a human

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being. In that way, we can be more productive in every day of our life. Essentialism is worth to read; aside from its unique insights, this is surely a helpful tool for the daily life. You need such kind of book in life. It has a stunning story that is worth a try. To have this book of Greg McKeown is a pleasure, so have one now and I assure you, you will not regret it. It is a very useful book that you are getting only for \$15. Grab your copy now, available from Amazon. Just relax and have a happy reading! Detailed overview of the book Most valuable lessons and

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information Key Takeaways and Analysis Take action today and get this best selling book for a limited time discount of only \$6.99!Written by Elite SummariesPlease note: This is a detailed summary and analysis of the book and not the original book.keyword: Essentialism, Essentialism book, Essentialism ebook, Essentialism kindle, Greg McKeown, essentialism the disciplined pursuit of less, essentialism by greg mckeown, essentialism audio book Wall Street Journal Bestseller "The pick of 2014's

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management books." –Andrew Hill, Financial Times "One of the top business books of the year." –Harvey Schacter, The Globe and Mail Bestselling author, Robert Sutton and Stanford colleague, Huggy Rao tackle a challenge that determines every organization's success: how to scale up farther, faster, and more effectively as an organization grows. Sutton and Rao have devoted much of the last decade to uncovering what it takes to build and uncover pockets of exemplary performance, to help spread them, and to keep recharging organizations with ever

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better work practices. Drawing on inside accounts and case studies and academic research from a wealth of industries-- including start-ups, pharmaceuticals, airlines, retail, financial services, high-tech, education, non-profits, government, and healthcare-- Sutton and Rao identify the key scaling challenges that confront every organization. They tackle the difficult trade-offs that organizations must make between whether to encourage individualized approaches tailored to local needs or to replicate the same practices and customs as an

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organization or program expands. They reveal how the best leaders and teams develop, spread, and instill the right mindsets in their people-- rather than ruining or watering down the very things that have fueled successful growth in the past. They unpack the principles that help to cascade excellence throughout an organization, as well as show how to eliminate destructive beliefs and behaviors that will hold them back. Scaling Up Excellence is the first major business book devoted to this universal and vexing challenge and it is destined to become the

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standard bearer in the field.

NEW YORK TIMES BESTSELLER • More than one million copies sold! Essentialism isn't about getting more done in less time. It's about getting only the right things done. "A timely, essential read for anyone who feels overcommitted, overloaded, or overworked."—Adam Grant Have you ever: • found yourself stretched too thin? • simultaneously felt overworked and underutilized? • felt busy but not productive? • felt like your time is constantly being hijacked by other people's agendas? If you answered yes to

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