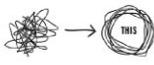


[PDF] Essentialism: The Disciplined Pursuit Of Less

Greg McKeown - pdf download free book

The Model



	Nonessentialist	Essentialist
Thinks	ALL THINGS TO ALL PEOPLE "I have to" "It's important" "Because it's a job!"	LESS BUT BETTER "I choose" "Why else things really matter?" "What are the trade-offs?"
Does	THE IMMEDIATELY-NEEDED PRIORITY OF NOW Reacts to what's most pressing Does what's easiest without weighing things Tries to keep up pace of the entire system	THE ESSENTIALS PRIORITY OF LIFE Plans to do what's most important Does what's most important The essential Intentionally ignores or eliminates what's unnecessary
Gets	LIVES A LOT MORE STRESS AND BUSYNESS Sees every month and week as full Individuals of control In constant state of the right things get done Not always successful	LIVES A LOT MORE PEACE AND FREEDOM Chose carefully to make the most of Feels in control Gets the right things done Experiences joy in the journey

The way of the Essentialist is the path to being in control of one's own choices. It is a path to new levels of success and meaning. It is the path on which we enjoy the journey not just the destination. Despite all these benefits, however, there are two major forces preventing us from enjoying the disciplined pursuit of what's best, which may be why so many end up on the traditional path of the Nonessentialist.

The Way of the Nonessentialist

On a bright, sunny day in California I visited my wife, Anna, in the hospital. One of the hospital's nurses was a native. But I also knew she was educated. It was the day after our previous daughter was born, healthy and happy as possible a newborn.

So when she should have been one of the happiest, most serene faces of the new arrivals I found a different face. There was no smile. A face that lay in my wife's hand, I was on the phone and on a small table next to me. I was feeling pressure to go to the client meeting. My colleague had written, "Please, because I should be about time to have a baby because I need you to come to the meeting with me." I was now in pain and though I was going to see her at least I hoped the e-mail had been written in jest. I left the prep room in a daze.

Instantly I knew what to do. It was clearly a time to be there for my wife and newborn child, to whom she'd been "planned to attend" by meeting, and with all the connections I could muster...

"This" is the essence, while my wife lay in the hospital with our hours-old baby, I went to the meeting. Afterward, my colleague said, "The client will respect you for making the decision to be here." But the look on the client's face did not reflect respect. Instead, they

Books Details:

Title: Essentialism: The Disciplined

Author: Greg McKeown

Released: 2014-04-15

Language:

Pages: 272

ISBN: 0804137382

ISBN13: 9780804137386

ASIN: 0804137382

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

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 own their lives, Essentialism is a movement whose time has come.

- Title: Essentialism: The Disciplined Pursuit of Less
 - Author: Greg McKeown
 - Released: 2014-04-15
 - Language:
 - Pages: 272
 - ISBN: 0804137382
 - ISBN13: 9780804137386
 - ASIN: 0804137382
-