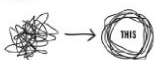


[PDF] Essentialism: The Disciplined Pursuit Of Less

Greg McKeown - pdf download free book

The Model



	Nonessentialist	Essentialist
THINKS	ALL THINGS TO ALL PEOPLE "I have to" "It's all important!" "We can't fit it all in!"	LESS BUT BETTER "I choose to" "Why is this thing really needed?" "What are the trade-offs?"
DOES	THE UNDISCIPLINED PURSUIT OF MORE Reacts to what's most pressing Says "no" to people without REASONING Tries to force resolution of the most important	THE DISCIPLINED PURSUIT OF LESS Prioritizes down what truly matters Says "no" to everything except the essential Remains satisfied to trade non-essentials
GETS	LIVES IN A STATE OF CONSTANT ANXIETY Says "no" to more, and still feels insufficient Finds it difficult to decide if one of whether the right things get done Feels overwhelmed and unfulfilled	LIVES IN A STATE OF PEACE AND CONTENTMENT Chose carefully to decide to do great work Feels fulfilled Gets the right things done Experiences joy in the journey

The way of the essentialist is the path to being in control of our 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 too many forces compelling us away from enjoying the disciplined pursuit of less for better, which may be why so many end up on the mindless path of the Nonessentialist.

The Way of the Nonessentialist

The biggest reason why so many of us finished my wills, Anna, is the thoughtless drive to the hospital, Anna is not rational. But I also know what was important. It was the day after our previous daughter's death, healthy and happy as I possibly remember.

The whole should have been one of the happiest, most memorable days of my life. I was actually still at work. There was my beautiful baby boy for my wife's third son. I was on the phone and on a call with work, and I was feeling pressure to go to a client meeting. My colleague had written, "Friday between 12 would be ideal time to have a baby because I need your presence at the meeting with X." I was now 17 and although I was pretty certain for at least a month I had the e-mail had been written for just, I still felt pressure to attend.

Instantly, I knew what to do. It was clearly a time to be there for my wife and newborn child, for whom I had been planning to attend the meeting. I said with all the conviction I could muster...

"No."
Thirty minutes, while my wife lay in the hospital with our newborn child, I was in the meeting. Afterward my colleague said, "The office will respect you for making the decision to be here." But the look on the client's face did not reflect respect. Instead, they

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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.

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