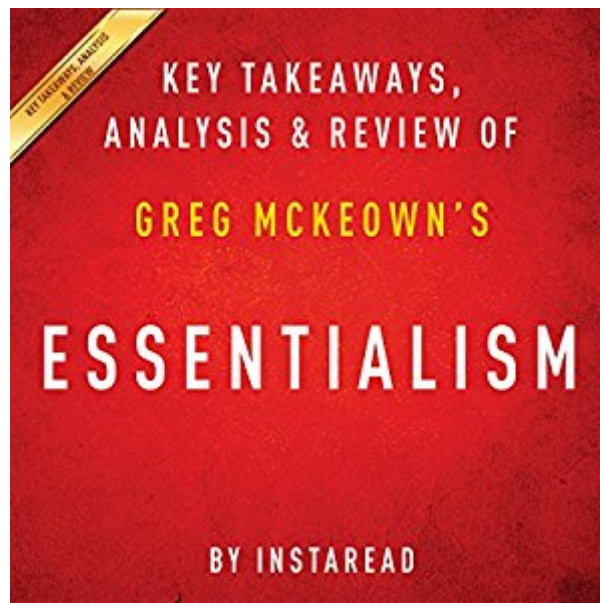




Ebook Directory
the best source of ebook

The book was found

Essentialism: The Disciplined Pursuit Of Less, By Greg McKeown: Key Takeaways, Analysis & Review



Synopsis

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 on 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: These are key takeaways and an analysis of the book, not the original book. Inside this Instaread of Essentialism: Overview of the book Important people Key takeaways Analysis of key takeaways About the author: With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways, and analyze them for your convenience.

Book Information

Audible Audio Edition

Listening Length: 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Instaread

Audible.com Release Date: October 26, 2015

Language: English

ASIN: B0172D2W8A

Best Sellers Rank: #296 in Books > Audible Audiobooks > Nonfiction > Study Aids #2912 in Books > Health, Fitness & Dieting > Mental Health > Happiness #3597 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Essentialism is one of those life changing books. Highly recommended. Absolutely loved it! I have read both the original and this summary guide. I got more out of the summary guide. Great breakdown on key people as well as an analysis of key concepts. The guide covers all the important information, removing all the fluff and extra. If you are interested in Essentialism grab this book. Highly recommended!

The modern world's focus on multi-tasking and a near obsession with getting more done with less has led many people to lead lives of frustration and lack of meaningful achievement. Greg

McKeown's book, *Essentialism: The Disciplined Pursuit of Less*, advises a minimalist approach to tasks and obligations by focusing on the things that are truly important. To individuals and leaders of teams and organizations, McKeown offers some sage advice; have a clear focus on the things that really matter so that you can know when goals are reached, have clearly defined roles, and learn when to say NO or to stop pursuing things that do not contribute to your ultimate goal.

Instaread's Key Takeaways, Analysis & Review of Greg McKeown's Essentialism: The Disciplined Pursuit of Less gives an in-depth summary of the book that is useful in itself. Each chapter is analyzed, with brief descriptions of the author's main points. After reading this summary, a reader will have a good idea of the content and importance of the work being reviewed, and confidence that this is an unbiased opinion; given that Instaread reviews are not commissioned or authorized by the author or publisher of a work. In a busy world, where we're often required to attempt multitasking, finding ourselves short of an unrenowable resource, time, having a tool like this is fantastic. This, by the way, is highly recommended, and if you agree with me, read the full book as well.

With a subtitle like *The Disciplined Pursuit of Less*, the author knows that most of us readers are going to be challenged when reading this book. Are you a person that frequently multi-tasks? Do you have a problem focusing on the true goal, instead finding yourself saying "yes" to projects you shouldn't? In this Instaread summary (think DETAILED review) the reader is given a good overview of what the original book *Essentialism* by Greg McKeown is about and clues on how to become an Essentialist. There are 12 Key Takeaways i.e. points in this summary which is more than normal for an Instaread summary. Each one is discussed in greater depth over approximately 2 pages. Here are a couple to whet your appetite:>> #1 - "Nonessentialism dominates work lives today while true priorities do not get needed attention. The thin distribution of effort results in poor quality work.">> #9 - "Editing the nonessential out of all aspects of life allows the essential to become clear. Other strategies for placing emphasis on the essential include setting boundaries on when to be available for work and learning to let go of losses in other projects." According to the author there are four steps that lead you to being a nonessentialist i.e. overburdened! It is rampant in the workplace. When discussing KT11 Instaread states "In these tools for implementing essentialism, the practice shares many similarities with minimalist ideologies like Zen Buddhism..." Now the author is not suggesting a lifestyle as strict as the Zen Buddhist monks live but rather a life that is consistent and with all areas implementing essentialism. The author's style is described as "conversational and personal" with a majority of the anecdotes coming from the author's own life. Book provided in

exchange for an honest review. Thanks, Liz

This instaread version of this book does a good job of getting right to the heart of the matter regarding this topic. The principles are straightforward and easily applicable. I look forward to applying these principles, with God's help, and seeing the fruit that results from it.

nice recap of the important points in the book

Have the full book on audio...this summary makes a great quick list for implementing the main themes of the original book.

There are so many reasons why I'm excited about this book but the one that excites me the most is only possible if I stop reviewing this book and start applying its principles...

Good reminder of how to discern!

[Download to continue reading...](#)

Essentialism: The Disciplined Pursuit of Less, by Greg McKeown: Key Takeaways, Analysis & Review
Essentialism: The Disciplined Pursuit of Less Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet)
The Intelligent Investor: The Definitive Book on Value Investing, by Benjamin Graham and Jason Zweig: Key Takeaways, Analysis & Review
Good to Great: Why Some Companies Make the Leap...and Others Don't, by Jim Collins: Key Takeaways, Analysis & Review
The Five Dysfunctions of a Team: A Leadership Fable, by Patrick Lencioni: Key Takeaways, Analysis & Review
The Compound Effect, by Darren Hardy: Key Takeaways, Analysis, & Review
The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet: Key Takeaways, Analysis & Review
It Is About Islam by Glenn Beck: Key Takeaways, Analysis, & Review: Exposing the Truth About ISIS, Al Qaeda, Iran, and the Caliphate
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review
Superforecasting: The Art and Science of Prediction by Philip E. Tetlock and Dan Gardner | Key Takeaways, Analysis & Review
How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success, by Julie Lythcott-Haims: Key Takeaways, Analysis & Review
The Black Swan: The Impact of the Highly Improbable, by Nassim Nicholas Taleb | Key Takeaways,

Analysis & Review Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor Summary of Jason Fung's The Obesity Code: Key Takeaways & Analysis Summary of When Things Fall Apart: by Pema Chodron: Includes Key Takeaways & Analysis Summary of Mel Robbins The Five Second Rule: Key Takeaways & Analysis Summary of Grit by Angela Duckworth: Includes Key Takeaways & Analysis Summary of Feeling Good: by David D. Burns, M.D.: Includes Key Takeaways & Analysis Summary of Mindset by Carol Dweck: Includes Key Takeaways & Analysis

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)