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everyone, can you make
your highest
contribution towards the
things that really matter.
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Part 1: The Essentialist

Mindset . Three

principles underlie the

essentialist mindset:

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You (not your boss, friends, or family) need to choose how to use your time and energy.

You need to determine what's most important. Very few things matter — most things are trivial; only a few are crucial.

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McKeown

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McKeown is an in depth
look at McKeown's self-
help book for people
who want to change
their lives by pursuing
less but better, and who
want to learn to say no
to things that waste time
and energy.

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February 15, 2016.

November 24, 2020.

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Essentialism shows you a new approach to productivity and life by allowing you to be extremely selective about the essential things in your life and then ruthlessly cutting out everything else.

Essentialism Summary |

A Book by Greg

McKeown + PDF &

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The Essentialist Only
ones you give yourself
permission to stop
trying to do it all, to stop
saying yes to everyone,
can you make your
highest contribution
towards the things that
really matter. The way
of the Essentialist is the
relentless pursuit of less
but better. It doesn't
mean occasionally

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giving a nod to the principle.

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Book Summary: The Key Ideas. #1: The Importance of Choice and Discernment.

Essentialists embrace their right to choose, the power of trade-offs, and the reality that more effort doesn't

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necessarily yield better
results. #2: The Art of
Exploring, Identifying
and Selecting the
Essential. By exploring
and evaluating our
options, we can identify
the essential and apply
extreme criteria in
selection.

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McKeown - Hustle

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Essentialism is about creating a system for handling the closet of our lives. This is not a process you undertake once a year, once a month, or even once a week, like organizing your closet. It is a discipline you apply each and every time you are faced with a decision about whether

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Greg McKeown

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interested in
productivity and getting
more done. It's a real
eye-opener which
challenges you to think
about what's important
and how you're
spending your time. The
book guides you
through the process of
saying “no” to the
“trivial many” so you
can focus more on the
“essential few”.

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Greg McKeown

Essentialism by Greg

McKeown identifies 4 major pillars to live the essentialist life. They might seem easy and obvious, but few of us are actively putting them in place: 1. Do Less But Better

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Essentialism is a powerful antidote to the current craziness that plagues our organizations and our lives. Read Greg McKeown's words slowly, stop and think about how to apply them to your life – you will do less, do it better,

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and begin to feel the
insanity start to slim
away.
The Disciplined
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Essentialism #1: Design
space in your life to
escape. “Without great
solitude no serious work
is possible.”. — Pablo
Picasso. “We need
space to escape in order

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to discern the essential
few from the trivial
many. Unfortunately, In
our time-starved era we
don't get that space by
default—only by
design.”.

10 Life Hacks from
"Essentialism" (Book
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encourages you to take a
step back and revise
your present. It offers a
way of thinking where
only a selected few
things are important,
instead of every little
thing, and at the end of
the day, you'll get more
rewards by doing less.
12min Team

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Short Summary

Essentialism shows a new way of thinking about productivity and life. It's a disciplined, systematic approach for determining where our highest point of contribution lies, then making...

Lessons from
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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

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speaker, and an author.
In this book, the author
explains that being
essentialist involves
doing less but better.

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Essentialism focuses on
four main points: Do
less, but do it better. The
cornerstone of
essentialism is the never-

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ending task of
identifying the less
important things in your
life to cut out, and doing
what's left over to a
higher standard.

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McKeown : Book
Summary

Publisher's Summary

Don't miss Greg
McKeown's life-
changing book,

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have ever felt too busy
to get everything done
in a day, this book is a
must-listen to get your
life back under control.
Essentialism isn't just
another self-help book,
it will change the way
you live your life.

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