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By forcing us to apply more selective criteria for what is Essential, the

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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.

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Essentialism starts with giving yourself permission (or forcing yourself) to stop trying to do it all. Only then can you make your highest contribution to the things that really matter. I think a lot of us intuitively get the principle of focus makes for better results; the hard work, in my mind, is deciding what to focus on and being disciplined enough to say no

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to other things.

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Essentialism is the discipline of continuously defining where we can create the most value, then finding ways to execute most effortlessly.

Essentialism is fundamentally about

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designing and taking control of your life. The same amount of energy, when directed purposefully, can bring you much closer to your goal.

## **Book Summary - Essentialism: The Disciplined Pursuit of Less**

Essentialism: The Disciplined Pursuit of Less. Author: Greg McKeown. Publisher:

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Crown Business. Published: 4/15/2014. 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?

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“Essentialism offers eloquent advice on how to apply your energies to bring your greatest rewards.” Reid Hoffman, co-founder and chairman of LinkedIn

**Greg McKeown - Essentialism Advocate | Inspirational ...**

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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.



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person in mind there was a great deal of application [...]

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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

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July 23, 2020. Essentialism, simply put,

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Essentialism helped me quite a bit in combination with The 80/20 principle to determine what is important and what I need ...

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In the book Essentialism: The Disciplined Pursuit of Less, Greg McKeown present

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us with a way to become better at doing fewer things - The way of the Essentialist. By focusing on the essentials, we can finally become more productive and more satisfied with our lives.

**Actionable Book Summary:  
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In other words, Essentialism is a disciplined, systematic approach for determining where our highest point of contribution lies, then making execution of those things almost effortless.” — Greg McKeown, *Essentialism: The Disciplined Pursuit of Less* 32 likes



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