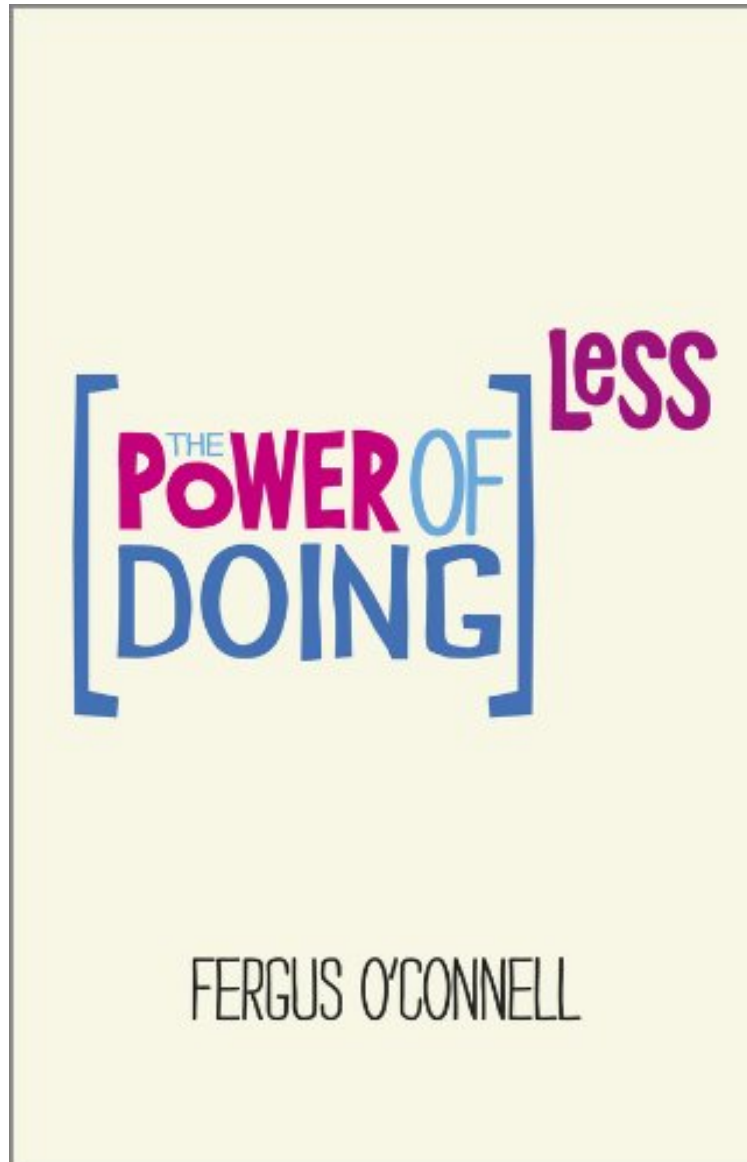


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The Power of Doing Less: Why Time Management Courses Don't Work And How To Spend Your Precious Life On The Things That Really Matter

Fergus O'Connell

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Fergus O'Connell : The Power of Doing Less: Why Time Management Courses Don't Work And How To Spend Your Precious Life On The Things That Really Matter before purchasing it in order to gage whether or not it would be worth my time, and all praised The Power of Doing Less: Why Time Management Courses Don't Work

And How To Spend Your Precious Life On The Things That Really Matter:

Overloaded? I bet you are. We all lead busy lives. You fall into bed exhausted at the end of the day, feeling that you've got a lot done. Perhaps you are getting lots done. But is it stuff that really matters? Or is it just stuff? It's time to wise up. You will never clear that list. Get used to the idea that some things will never get done. Not delayed. Not rescheduled. Not re-prioritized. But simply dropped. And from now on, instead of trying to clear that endless to-do list, you're going to do a much smarter thing. You're going to just do the important stuff. And the brilliant thing is, you already have the power to do this. That power is to do less. Soon enough, you'll have the space to enjoy the moment, be creative, find new or better ways of doing things, get ideas, and spot opportunities you would have missed when you were running around. In short - you'll be happier. Much happier. As soon as you stop doing, the power of doing less will begin to flow.

'In this thought-provoking book Fergus O'Connell encourages the reader to examine their work and life and to identify what really matters and where you should place your attention...Highly recommended!' (Hot Brands, Cool Places, August 2013) What a seductive title the author Fergus O'Connell - whose other books include How to Do a Great Job and Go Home on Time - has really cracked this one. And the promises he makes are big too. If you read the book and do the things that it suggests, then you will not only feel less stressed, but will also stop feeling guilty for leaving the office having only done half the things on your 'to-do' list, and will find great swathes of time opening up for you. What's not to love? (Third Sector, September 2013) The Power of Doing Less is succinct and focused, wasting no time in getting to its point, standing out in the over-populated world of self-help literature by embracing the power of saying No. (Business Uncovered, November 2013)