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This is a summary of Greg Mckeown's Essentialism The Disciplined Pursuit of Less AN INSTANT NEW YORK TIMES AND WALL STREET JOURNAL BESTSELLER 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? 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 learn who to do less, but better, in every area of their lives, Essentialism is a movement whose time has come. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 274 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

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