



Essentialism: : How to Indentify and Pursue Only What Really Matters

Stewart Osbourne

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Essentialism II

How to Identify and Pursue only what Really Matters!!

Everybody wants to be successful in what they do. In the workplace, in our businesses and professions, and even at home. The result is that we tend to take in more and more tasks. We are unable to say no or let good opportunities pass us.

The reality is that we will never be successful by doing this. By taking up everything, we spread our energies thin and never have a chance to make an impact.

Essentialism, which is the pursuit of less, teaches us that what we need is to narrow down our priorities and focus on that which is really important and which we make our highest contribution.

In this book we take a look at how to become an essentialist. How to determine what is important in your life and focus on it and much more. We are all at risk of suffering from burn-out and stress when we relentlessly pursue more and more. We easily lose control of our lives and get lost in the busyness bubble where we are just working but not progressing on what matters to us.

Essentialism is a way of life which is timely in the current world where everything seems to be telling us to do more, more and more. We work and consume more often at the expense of what matters. We shall look at how to eliminate everything and only dedicate our time to what leads us to our goals.

You can do what everyone else is doing and get the same kind of mediocre results they're getting, or you can learn the powerful Ways of Essentialism and encounter success like you never imagined!

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Gilbert Johnson:

The book Essentialism: : How to Indentify and Pursue Only What Really Matters has a lot of information on it. So when you read this book you can get a lot of advantage. The book was authored by the very famous author. The author makes some research ahead of write this book. This book very easy to read you can obtain the point easily after perusing this book.

Callie Allen:

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