

How To Accomplish More In A Fraction Of The Time



GETTING RESULTS SUPER FAST
THROUGH PRIORITIZING, LEVERAGING AND FOCUS

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Table Of Contents

Foreword

Chapter 1
Prioritizing

Chapter 2
Tips to Help You Prioritize

Chapter 3
Beating Procrastination

Chapter 4
Tips for Staying Focused

Chapter 5
Work Less Accomplish More

Chapter 6
Equanimity

Chapter 7
Using Affirmations

Wrapping up

Foreword

The pace and intensity of our lives, both at work and at home, leave several of us feeling like a person riding a frantically galloping horse. Our day-to-day incessant busyness — too much to do and not enough time; the pressure to produce and check off items on our to-do list by each day's end — seems to decide the direction and quality of our existence for us.

However, if we approach our days in another way, we can consciously change this out-of-control pattern. It only requires the courage to do less. This may sound simple, but doing less can actually be very difficult. Too often, we mistakenly believe that doing less makes us lazy and results in a lack of productivity. Rather than, doing less helps us enjoy what we do achieve. We learn to do less of what is extraneous, and engage in fewer self-defeating behaviors, so we create a rich life that we truly feel great about.

Just doing less for its own sake can be easy, startling, and transformative. Imagine having a real and unhurried conversation in the middle of an unforgiving workday with somebody you care about. Imagine completing one discrete task at a time and feeling calm and happy about it. In this book, you will see a new approach. The approach is equally useful for our personal life and our work life. In fact, the two hemispheres of our work and personal lives constantly reflect on and affect one another, each changing and/or reinforcing the other.

Every life has awesome meaning, but the fog of constant activity and plain bad habits can often obscure the meaning of our own. Acknowledge and change these, and we can again enjoy the ways we contribute to the workplace, enjoy the sweetness of our lives, and

share openly and generously with the ones we love. Less busyness leads to appreciating the sacredness of life. Doing less leads to more love, more effectiveness and internal calmness, and a greater ability to accomplish more of what matters most to us.



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***Getting Results Super Fast Through Prioritizing, Leveraging
And Focus***