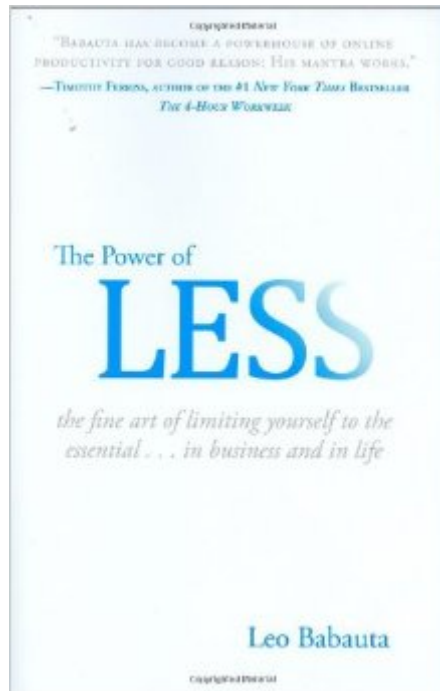


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The Power Of Less: The Fine Art Of Limiting Yourself To The Essential...in Business And In Life



Synopsis

With the countless distractions that come from every corner of a modern life, it's amazing that we're ever able to accomplish anything. *The Power of Less* demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary, freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. *The Power of Less* will show you how to:

- Break any goal down into manageable tasks
- Focus on only a few tasks at a time
- Create new and productive habits
- Hone your focus
- Increase your efficiency

By setting limits for yourself and making the most of the resources you already have, you'll finally be able to work less, work smarter, and focus on living the life that you deserve.

Book Information

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Customer Reviews

My copy of Leo Babauta's new book, *Power of Less, The: The Fine Art of Limiting Yourself to the Essential...in Business and in Life*, arrived Friday evening, and by late Friday I'd read it cover to cover. Now, on Sunday, I'm starting it again. It may be about "less", but it contains more than my brain could take in with a single read. Leo, the owner of the wildly popular ZenHabits blog, has written one of those classics that apply to both our business and personal lives. In brief, *The Power of Less* is a treatise on the small steps (see my blog post on the Kaizen way) we can take to simplify our lives and in the doing find far more joy and success than all of our manic behavior could produce. The book begins with Leo's own story of being an debt, overweight, smoking, workaholic who rarely saw his family. His life was chaotic and he never had time for the things and people he loves. (Sound familiar?) Then, he made the choice to simplify his life in small continuous ways; first

he quit smoking by focusing all of his energy on that one goal. Then, he attacked other goals, one at a time, like becoming a runner, eating healthier, starting a successful blog, and getting out of debt. One by one the goals were met (and exceeded). Leo has run two marathons, has doubled his income, became a vegetarian, decluttered his home, lost 45 pounds, and spends quality time with his family. Today, Leo's blog is one of the top 50 blogs in the world, with more than two million readers a month. If that doesn't make you want to adopt his principles, nothing will!

First, let me say this: The content in this book is worth 5 stars. Leo is the absolute best at making anyone realize what is important in the world, and act on it. If you've had it with other self-empowerment books, the kind that use phrases like "thrive off of synergy" and "discover the true version of yourself" and "unlock the millionaire within you" and other absurdities that clog the self-improvement industry of books, then *The Power of Less* will be an absolute relief. The general mantra is easy to swallow and understand: focus your efforts on one thing and you will be more effective. The book is simple and direct with little fluff. It's aimed at everyone, not just the big-time business managers and the yuppie type. As a student and writer, I find that *7 Habits and Getting Things Done* and the like, while they're great, just don't feel like they're aimed at me. *The Power of Less* is, though. And it's undiluted greatness. There's no New Age-y stuff in here, nothing really abstract. Just solid, practical approaches to the problems that everyone faces. Here's the one catch, though: at least 85-90% of the content in this book is fundamentally equivalent to what's been posted on his blog, *Zen Habits* ([zenhabits dot net](http://zenhabits.net)). Leo's techniques rely on simplicity so much that there are really only so many ways you can spin it. There are a lot of reasons to buy this book: it goes a little bit deeper in its explanations, it is a great summary and introduction to everything on Leo's site, it supports Leo after all of the hard work he has put in to helping your average Joe like me make his life and his world a little bit better, and it introduces his ideas in a logical order.

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