when you buy a new game, before playing it, first have a look at its achievements. Then watch some videos (e.g. YouTube) on how to earn each of the different achievements (take some notes as you watch the videos if you need to). this means you can avoid wasting hours playing the game, and just focus on doing only what is required to get each achievement.

Also I recommend looking at Steam guides, there are lots of achievement hunters that spend time creating detailed guides on how to get each achievement. Finally, if you struggling to earn an achievement and can’t get any help online (Steam guides, YouTube, commenting on other achievement hunters profiles, etc. ), then I suggest contacting the developer.

Final note, here is a list of all achievement spam games: https://steamcommunity.com/sharedfiles/filedetails/?id=1439497629