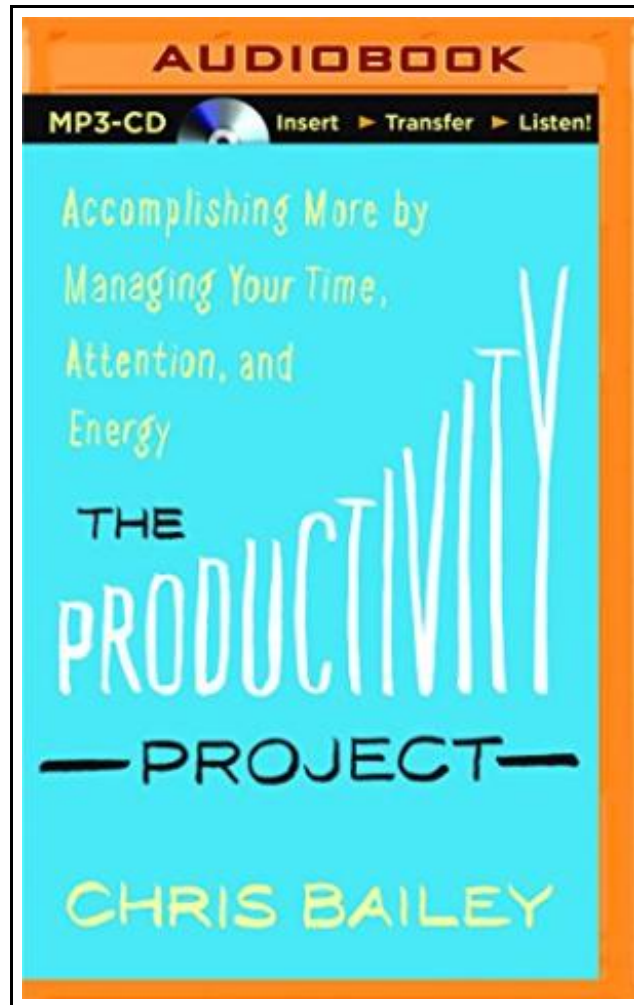


## The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy



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## THE PRODUCTIVITY PROJECT: ACCOMPLISHING MORE BY MANAGING YOUR TIME, ATTENTION, AND ENERGY

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BRILLIANCE AUDIO, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. For readers who made David Allen s *Getting Things Done* a perennial bestseller, a fresh and entertaining exploration of a topic that concerns just about everyone over the course of their careers: how to be more productive at work, and in every facet of our lives. After earning his business degree, Chris Bailey turned down several lucrative job offers to pursue a lifelong dream to spend a year performing a deep dive experiment into the subject of productivity. Bailey had been fascinated with productivity since he was a young teenager, when he began researching every paper and every book available on the topic. After graduating college, he created a blog to chronicle his year long series of productivity experiments on himself, and well as his continuing research and interviews with some of the world s foremost experts, from Charles Duhigg to David Allen. Among the experiments that he attempted: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for a month, all the while monitoring the impact of his experiments on the quality and quantity of his work. This book *The Productivity Project* and the lessons Chris learned are the result of that year-long journey. Among the many counterintuitive insights Chris discovered that had the biggest impact on his productivity: shrinking or eliminating the unimportant; the rule of three; striving for imperfection; scheduling less time for important tasks; the 20 second rule to distract yourself from distractions; and the concept of productive procrastination. Bailey offers over...



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