



Summary of Essentialism: By Greg McKeown Includes Analysis

By Instaread

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Essentialism by Greg McKeown Key Takeaways, Analysis Review Preview: Essentialism: The Disciplined Pursuit of Less is a self-help book by Greg McKeown. The book outlines a minimalist approach to tasks and obligations by focusing on truly important goals and learning to turn down opportunities that do not directly contribute to meeting those goals. The modern fixation with multitasking and having it all has paradoxically resulted in accomplished, motivated people doing many relatively unimportant things poorly while neglecting their true goals because they are afraid of refusing any request. Inside this Instaread of Essentialism: Overview of the bookImportant PeopleKey TakeawaysAnalysis of Key Takeaways.



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