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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.

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"The Power of Less" is a blueprint for reducing the clutter, noise, and unnecessary work that fills a modern day. Babauta's lessons enable readers to do less, be more effective, get more done, and simplify their lives

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“The Power of Less is perfect for achieving goals: Limit yourself to fewer goals, and you’ll achieve more. At the same time, we’ll look at ways to narrow your focus on your projects, so that you can complete them more effectively and move forward on your goals. We’ll apply limitations to our projects to increase our effectiveness.”

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Biographie de l'auteur Leo Babauta has fought the hard way to discover the power of less: overweight and under pressure, he battled through large debts, bad habits and an intolerable worklife to become a happy father and the author of the top ten blog Zen Habits. He lives in the USA with his family.

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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 work less, work smarter, and focus on living the life that you deserve.

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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 : The Fine Art of Limiting Yourself to ...

The Power of Less - by Leo Babuta ISBN: 1401309704 Date read: 2009-01-21 How strongly I recommend it: 5/10 (See my list of 200+ books, for more.). Go to the Amazon page for details and reviews.. Identify the essential. Eliminate the rest.

The Power of Less - by Leo Babuta | Derek Sivers

Summary: "The Power of Less" is a blueprint for reducing the clutter, noise, and unnecessary work that fills a modern day. Babauta's lessons enable readers to do less, be more effective, get more done, and simplify their lives.

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With The Power of Less, you will able to start a complete shift from wanting everything to needing nothing, be able to live your life simply without compromise, and discover that though we cannot have everything we want, we can obtain anything we will ever need. With this book, you will find how to go through life not carefully, but care freely.

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