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The Power of Less by Leo Babauta is a guide on how to de-clutter your life and work to create more time for the important things. Leo explains how identifying the essential aspects of your life and eliminating all of the non-essentials can allow you to focus on goals and aspirations that can continue to change your life for the better.

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Why Less Is More Many people focus on time management to beat the hectic pace of modern life. You may think you can fit more into a 24-hour day, but that approach never yields satisfactory results.

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The Power Of Less Summary - Four Minute Books

The Power of Less in Practice The six principles of limiting tasks, selecting essentials, simplifying, focusing, habit forming and starting small, can be applied to almost any activity. The second part of the book explains how. Goals and Projects The Power of Less is perfect for achieving goals. Limit yourself to fewer of them and youâ€™ll achieve more.

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simple ways to be more with less 2 If you have imagined a life with less, reading this e-book is a great way to get started. Most of us have lived our adult lives working more, to make more, to

be more with less

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Review: The Power of Less. by Trent Hamm Updated on 01.30.09. Books and Reading Personal Development . Every other Sunday, The Simple Dollar reviews a personal development, personal productivity, or entrepreneurship book. ... and those principles are the core of The Power of Less, Leo's™ first book.

Review: The Power of Less - The Simple Dollar

Leo Babauta's new book The Power of Less is a turn in the other direction. Many other books of this type encourage and attempt to teach skills for handling an ever-increasing set of goals, projects, and tasks.

The Power of Less: The Fine Art of Limiting Yourself to

The less you switch, the less of a price you pay to be productive. 5: Limit your active goals and projects to no more than 3-4 at a time. Of all of the recommendations in The Power of Less, this is the most challenging, the most controversial, and the most powerful.

The Power of Less - Leo Babauta - Josh Kaufman

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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.

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