



## Less Doing, More Living: Make Everything in Life Easier (Paperback)

By Ari Meisel

Tarcher/Putnam,US, United States, 2015. Paperback. Book Condition: New. 178 x 178 mm. Language: English . Brand New Book. Less is more or, more specifically, the less you have to do, the more life you have to live. Efficiency expert Ari Meisel details his Less Doing philosophy, which will streamline your life, and make everything easier. In business and our personal lives, it often seems as if the only way to get more done is by putting in more time more hours at the office, more days running errands. But what if there were a way that we could do less, and free up more time for the things and people we love? If this sounds like what you need, Ari Meisel TEDx speaker, efficiency consultant, and achievement architect has the program for you. In Less Doing, More Living, Meisel explores the fundamental principles of his Less Doing philosophy, educating the reader on: Optimizing workflow with twenty-first-century apps and tools Creating an external brain in the Cloud to do all of your lower thinking like keeping track of appointments, meetings, and ideas How to use technology to live a paper-free life The three fundamentals of wellness fitness, sleep, and nutrition and technological approaches to...



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