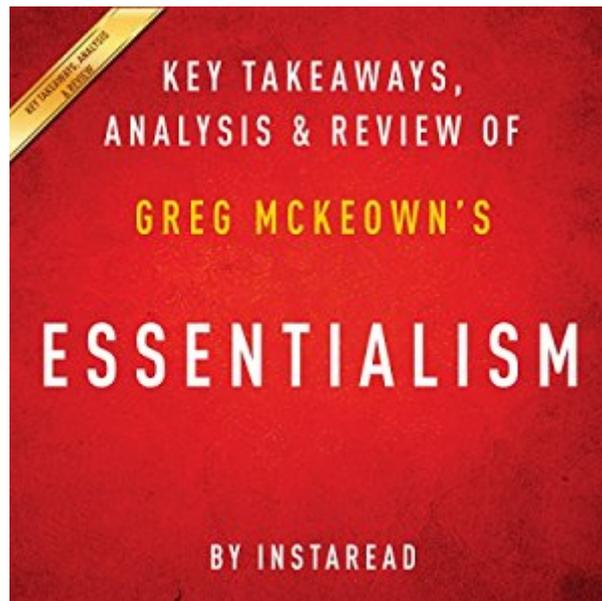


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# Essentialism: The Disciplined Pursuit Of Less, By Greg McKeown: Key Takeaways, Analysis & Review



## Synopsis

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 on 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.... Please note: These are key takeaways and an analysis of the book, not the original book. Inside this Instaread of Essentialism: Overview of the book Important people Key takeaways Analysis of key takeaways About the author: With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways, and analyze them for your convenience.

## Book Information

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## Customer Reviews

Essentialism is one of those life changing books. Highly recommended. Absolutely loved it! I have read both the original and this summary guide. I got more out of the summary guide. Great breakdown on key people as well as an analysis of key concepts. The guide covers all the important information, removing all the fluff and extra. If you are interested in Essentialism grab this book. Highly recommended!

With a subtitle like The Disciplined Pursuit of Less, the author knows that most of us readers are going to be challenged when reading this book. Are you a person that frequently multi-tasks? Do

you have a problem focusing on the true goal, instead finding yourself saying "yes" to projects you shouldn't? In this Instaread summary (think DETAILED review) the reader is given a good overview of what the original book Essentialism by Greg McKeown is about and clues on how to become an Essentialist. There are 12 Key Takeaways i.e. points in this summary which is more than normal for an Instaread summary. Each one is discussed in greater depth over approximately 2 pages. Here are a couple to whet your appetite:>> #1 - "Nonessentialism dominates work lives today while true priorities do not get needed attention. The thin distribution of effort results in poor quality work.">> #9 - "Editing the nonessential out of all aspects of life allows the essential to become clear. Other strategies for placing emphasis on the essential include setting boundaries on when to be available for work and learning to let go of losses in other projects."According to the author there are four steps that lead you to being a nonessentialist i.e. overburdened! It is rampant in the workplace. When discussing KT11 Instaread states "In these tools for implementing essentialism, the practice shares many similarities with minimalist ideologies like Zen Buddhism..." Now the author is not suggesting a lifestyle as strict as the Zen Buddhist monks live but rather a life that is consistent and with all areas implementing essentialism. The author's style is described as "conversational and personal" with a majority of the anecdotes coming from the author's own life. Book provided in exchange for an honest review. Thanks, Liz

Greg McKeown's "Essentialism" - this is in line with the Pareto principle that was well articulated by Richard Koch in the 80/20 Principle and 80/20 Manager. This was my takeaway from the book and hope to implement them: \*Less but better Explore & Evaluate - Discerning the trivial many from the vital few Eliminate - Cutting out the trivial many Execute - Removing obstacles & making execution effortless\*Trade-off - Which problem do I want?\*Play - to become creative\*The power of a graceful "No"\*WIN - What Is Important Now - Focus\*Live with Intent - Establish very clear essential intent I already used WIN with my kids when they played in a golf tournament this past weekend.

The modern world's focus on multi-tasking and a near obsession with getting more done with less has led many people to lead lives of frustration and lack of meaningful achievement. Greg McKeown's book, Essentialism: The Disciplined Pursuit of Less, advises a minimalist approach to tasks and obligations by focusing on the things that are truly important. To individuals and leaders of teams and organizations, McKeown offers some sage advice; have a clear focus on the things that really matter so that you can know when goals are reached, have clearly defined roles, and learn when to say NO or to stop pursuing things that do not contribute to your ultimate

goal. Instareadâ€™s Key Takeaways, Analysis & Review of Greg McKeownâ€™s Essentialism: The Disciplined Pursuit of Less gives an in-depth summary of the book that is useful in itself. Each chapter is analyzed, with brief descriptions of the authorâ€™s main points. After reading this summary, a reader will have a good idea of the content and importance of the work being reviewed, and confidence that this is an unbiased opinion; given that Instaread reviews are not commissioned or authorized by the author or publisher of a work. In a busy world, where weâ€™re often required to attempt multitasking, finding ourselves short of an unrenowable resourceâ€”timeâ€”having a tool like this is fantastic. This, by the way, is highly recommended, and if you agree with me, read the full book as well.

This instaread version of this book does a good job of getting right to the heart of the matter regarding this topic. The principles are straightforward and easily applicable. I look forward to applying these principles, with God's help, and seeing the fruit that results from it.

nice recap of the important points in the book

I really appreciated this snapshot! Helped me to use essentialism principles instead of having to read superfluous information - not sure there is anything here that we already don't know

Have the full book on audio...this summary makes a great quick list for implementing the main themes of the original book.

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