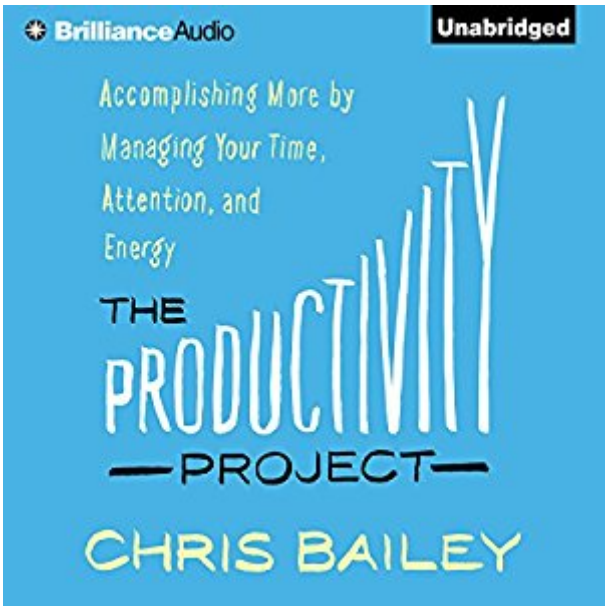
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The Productivity Project: Accomplishing More By Managing Your Time, Attention, And Energy



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Synopsis

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream - to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months - all the while monitoring the impact of his experiments on the quality and quantity of his work. The Productivity Project - and the lessons Chris learned - are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you: Slowing down to work more deliberately; shrinking or eliminating the unimportant; the rule of three; striving for imperfection; scheduling less time for important tasks; the 20 second rule to distract yourself from the inevitable distractions; and the concept of productive procrastination. In an eye-opening and thoroughly engaging listen, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

Book Information

Audible Audio Edition
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ASIN: B018WINHF6
Best Sellers Rank: #32 inÃ Â Books > Self-Help > Time Management #35 inÃ Â Books > Business & Money > Skills > Time Management #315 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I have read a lot of productivity books, but this one really sorts through the crazy stuff, because the author practices what he preaches. Readable and instantly accessible and useful. I intend to start over from the beginning and apply the wealth of knowledge to my life.

This is a very good book. But some of the stuff is to obvious. Like get your sleep, exercise and eat well. Duh! But it will confirm a lot of what you know and some new idea.- MwB

This book makes you take a good look at yourself. I found it very helpful in determining where I waste time and now to refocus. It’s not just related to work productivity but productivity in life in general. Great book!!

If you want to read a book about productivity, this is probably the best one. Chris Baley offers practical advice on how to increase your productivity, which work. Really. It is an excellent book, practical, and a fun read. I highly recommend if you need some inspiration to become more productive.

I liked some new concepts that I never came across before.I did not like some redundancyI have 5 because I have already incorporated some tactics into daily routine and they seem to work

This book teaches you how to actually learn things and get stuff done. It’ll help you get better at making strides in yourself, and I’d consider it to be a prerequisite for any other "self-help" esk book out the. This will teach you how to actually apply those books as well as get where you want to be.

Reading this book has been a breath of fresh air. It offers legitimate techniques that make you feel ready to take on life in a more happy, and therefore productive, way.

Great book loaded with practical and applicable advice. Anyone looking to be more productive needs to devour this book.

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