



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

By Ari Meisel

Gildan Media Corporation, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 146 x 127 mm. Language: English . Brand New. 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 listener on: Optimizing workflow with twenty-first-century apps and toolsCreating an external brain in the Cloud to do all of your lower thinking-like keeping track of appointments, meetings, and ideasHow to use technology to live a paper-free lifeThe three fundamentals of wellness-fitness, sleep, and nutrition-and technological approaches to improving these areas of...



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