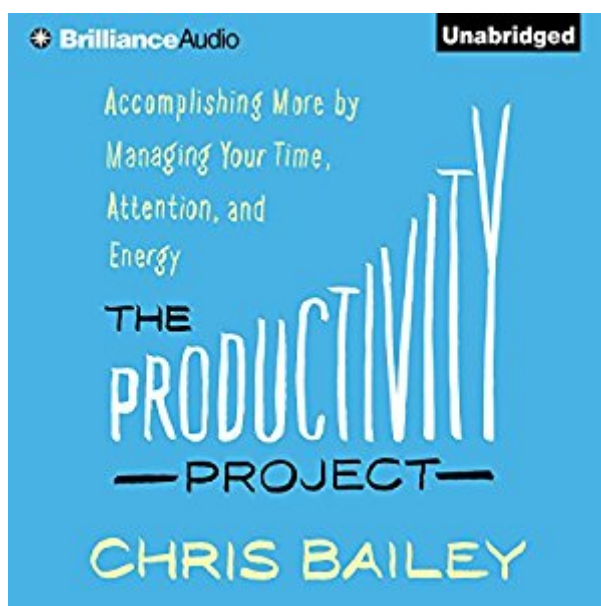The book was found

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

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

Listening Length: 8 hoursÃ Â andÃ Â 13 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: January 5, 2016

Language: English

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.

Download to continue reading...

The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy Time Management: Guide to Time Management Skills, Productivity, Procrastination and Getting Things Done (time management, procrastination, productivity, ... successful people, efficiency, schedule) DIY Projects: Save Time & Money Maintaining Your Home With Simple DIY Household Hacks,

Home Remedies: Increase Productivity & Save Time with Frugal Living ... And Organizing, Increase Productivity) The 30-Day Productivity Plan: Break The 30 Bad Habits That Are Sabotaging Your Time Management - One Day At A Time! (The 30-Day Productivity Boost Book 1) Productivity: Become a Master in Getting Things Done (Managing, Time, Energy, Procrastination, Procrastinator, Management) Project Management: Secrets Successful Project Managers Already Know About: A Beginner's Guide to Project Management, nailing the interview, and essential skills to manage a project like a Pro DIY Household Hacks for Beginners: DIY Hacks For Cleaning And Organizing, Increased Productivity, Declutter your Home (DIY Home Improvements, DIY Household ... And Organizing, Increase Productivity) Reiki: The Healing Energy of Reiki - BeginnerÃ¢ ¬â„¢s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Identifying and Managing Project Risk: Essential Tools for Failure-Proofing Your Project Work Without Walls: An Executive's Guide to Attention Management, Productivity, and the Future of Work Just Enough Project Management: The Indispensable Four-step Process for Managing Any Project, Better, Faster, Cheaper Agile Project Management: QuickStart Guide - The Simplified Beginners Guide To Agile Project Management (Agile Project Management, Agile Software Development, Agile Development, Scrum) The Procrastination Cure: 21 Proven Tactics For Conquering Your Inner Procrastinator, Mastering Your Time, And Boosting Your Productivity! The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals Fast Focus: A Quick-Start Guide To Mastering Your Attention, Ignoring Distractions, And Getting More Done In Less Time! Managing Human Resources: Productivity, Quality of Work Life, Profits TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Titanium White): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Rose Gold): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Wall Street Gray): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Jet Black): Daily Planner

FAQ & Help