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By forcing us to apply
more selective criteria for
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disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy—instead of giving others the implicit permission to choose for us. Essentialism is not one more thing—it ' s a whole new way of doing everything.

Essentialism: The

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Essentialism isn't one
more thing; it is a

different way of doing
everything. It is a

discipline you apply
constantly, effortlessly.

Essentialism is a mindset;
a way of life. It is an idea
whose time has come.

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Essentialism is more than a time-management strategy or a productivity technique. It is a

systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matter.

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Essentialism: The
Disciplined Pursuit of
Less by Greg ...

Essentialism is author
Greg McKeown's
manifesto for the
disciplined pursuit of less
(but better). The nutshell
catch phrase of the book is
"if it's not a hell yes, it's a
no."

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In Essentialism, Greg
McKeown draws on

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experience and insight from working with the leaders of the most innovative companies in the world to show how to achieve the disciplined pursuit of less. We look forward to seeing you! Get a copy today (hardcopy, digital or audio) – and join us on January 11th. January 11th @ 5:30 pm – 7:00 pm EST.

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same amount of energy, when directed purposefully, can bring you much closer to your goal.

Book Summary -
Essentialism: The
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In Essentialism, Greg
McKeown, CEO of a
Leadership and Strategy
agency in Silicon Valley

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who has run courses at Apple, Google and Facebook, shows you how to achieve what he calls the disciplined pursuit of less. Being an Essentialist is about a disciplined way of thinking.

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My friend, Matt

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Tarkenton, recently recommended a book called Essentialism: The Disciplined Pursuit of Less, by Greg McKeown. I thought Essentialism sounded like a disease you get in your mid-40 ' s.

The Disciplined Pursuit
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By forcing us to apply a

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The basic proposition of
Essentialism is that

“ only once you give
yourself permission to
stop trying to do it all, to
stop saying yes to
everyone, can you make
your highest contribution
towards the things that
really matter. ”

Essentialism is not simply
a matter of saying

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“no” more often, or honing your time management skills.

Essentialism: The Disciplined Pursuit of Less: McKeown ...

Essentialism: The Disciplined Pursuit of Less offers a manual that helps listeners intentionally and ultimately focus on a very few priorities in their lives

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that are really meaningful and remove those that are nonessential. We all continue saying yes to more opportunities and projects that come our way, even though we are not sure any of them are important or essential to our lives, and we are already overcommitted to deadlines and projects that may in fact be nonessentials.

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