

(Download pdf) Do Less, Get More: How to Work Smart and Live Life Your Way

## Do Less, Get More: How to Work Smart and Live Life Your Way

*Shaa Wasmund*

*\*Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



READ ONLINE

#448051 in eBooks 2015-06-09 2015-06-09 File Name: B00P891CNW | File size: 50.Mb

**Shaa Wasmund : Do Less, Get More: How to Work Smart and Live Life Your Way** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Do Less, Get More: How to Work Smart and Live Life Your Way:

0 of 0 people found the following review helpful. Five StarsBy CustomerGood book.0 of 0 people found the following review helpful. Five StarsBy CustomerAmazing book to advise how effectively organise your life so you achieve your goals.... Practical book highly recommended1 of 4 people found the following review helpful. Repeat repeat repeat....By bulentThe book touches important points and clearly explains our day to day struggle with digital mess we live but it gives the same message again and again

When you stop trying to do so much, you get so much more done. Do you put yourself under too much pressure to succeed, which only makes it harder to achieve? Are you constantly playing catch-up and struggling to find time for the things, and people, you love? It doesn't have to be this way. Anything is possible when you stop trying to do everything at the same time. Often it's fear that keeps us stuck in our patterns. If we're super busy then no one can say we're not working hard. But there's another way to live a life that's both more enjoyable and more productive, if only we can break those routines. In *Do Less, Get More*, entrepreneur and bestselling author Shaa Wasmund reveals that when we embrace a "less is more" attitude, we can appreciate all the good things we already have and find the courage to prune nonessentials. And then we can find the space in which to pursue exciting new opportunities. Wasmund teaches us how to become experts in the things we're truly passionate about, rather than mediocre jacks-of-all-trades. Her tools include exercises like: \* Escaping the "when, then" trap. Stop putting something off because you're waiting to be ready (I'll start my own business when my kids are out of the house or I'll lose weight when this project is over). Take one practical step toward what you want right now. \* Nurturing your support network: Who are the people who truly support you? Prioritize those who are genuinely on your side and practice asking for help. Focus on quality over quantity in developing your network. \* Scheduling for value: What gets put in our calendar gets done. And you shouldn't only plan for work projects: scheduling time for the people and activities you love and that give you purpose and energy is just as important. This life-changing book gives you the tools to ditch your to-do list and follow your dreams. It will be your essential guide to doing what you love and letting go of the rest. From the Hardcover edition.

"Simple yet devastatingly effective . . . Packed with tools and tricks to help you reignite your schedule, your days and your life." —GABRIELLE BERNSTEIN, author of *May Cause Miracles* and *Spirit Junkie*

"Shaa Wasmund understands the difference between activities and accomplishments. In *Do Less, Get More* she reveals a winning plan for increasing results without piling on extra effort. It's helpful, challenging and, in the end, the best path to a more productive and happy life." —TIM SANDERS, author of *Love Is the Killer App*

"Saying no is a life skill. At last here's a book that shows you how." —HEATHER MCGREGOR, aka Mrs. Money Penny, FT columnist and author of *Sharpen Your Heels*

"Wasmund's *Do Less, Get More* is my guidebook on how to live a life filled with meaning." —JAMES ALTUCHER, author of *Choose Yourself* and coauthor of *The Power of No*

"Wasmund's book serves as a wonderful reminder of the tools we can all employ to manage our things to do; in life when you use her practical ideas, you will give yourself more time to do things you love to do." —TERRI SJODIN, author of *Small Message, Big Impact* and founder of Sjodin Communications

"Stop working on other people's agendas and start setting your own with this practical, unputdownable book." —PATRICK VLASKOVITS, author of *The Lean Entrepreneur*

"Do Less, Get More is brilliant and fulfills the promise of the title. If you feel stuck in the busy trap, this book will teach you how to do the right thing at the right time rather than trying to do everything all the time. Invaluable advice for busy people and a potential life changer!" —JASON JENNINGS, author of *The Reinventors* and *The High-Speed Company*

About the Author: Shaa Wasmund is a top UK entrepreneur who's leading a business revolution by example. As the founder and driving force behind the New School of Business, *Smarta* and *The One Retreat*, she's helped hundreds of thousands of businesses and was awarded an MBE for services to business and entrepreneurship in 2015. She is also the author of *Stop Talking, Start Doing*, which topped the bestseller lists in the UK for an unprecedented fourteen months. Shaa draws her business and life lessons from her varied career, which has included promoting a world champion boxer while a student at the London School of Economics to helping inventor Sir James Dyson become a household name. She lives in London most of the time, but her heart belongs to California.

Excerpt. copy; Reprinted by permission. All rights reserved.

CONTENTS PART ONE: WHEN DID LIFE GET SO COMPLICATED? PART TWO: WHAT REALLY MATTERS PART THREE: A "LESS IS MORE" LIFE PART FOUR: ACHIEVE MORE BY DOING LESS CONCLUSION INTRODUCTION

"Sometimes the questions are complicated and the answers are simple. I've been known as the queen of multitasking for too long. Whether from a misguided sense of duty to do everything, a constant fear of losing out, or an innate need to be in control, I've tried to juggle more things than any sane person should attempt or want to do. My phone has been like an umbilical cord and email has ruled my life. Mindfulness was remembering to pick up my keys before I left the house. Sound familiar? Have you ever found yourself checking your emails or texts while having dinner with your family or friends? Do you feel like there aren't enough hours in the day, that you run around getting nowhere fast? Do you wish you could put what really matters first in your life, but struggle to figure out how? It's so easy to justify why we do the things we do, but when we take a closer look we begin to see and understand the true consequences of our constant busyness. Are we genuinely enjoying our lives, doing what we love and

being with the people who matter? Or are we rushing from one task to the next, trying to be all things to all people, and not feeling like we have the time or energy to give anything or anyone the attention they deserve? The comfort of being busy

Some time ago my world fell apart when my gorgeous, wonderful partner passed away. He wasn't just my partner, he was my beautiful son's dad, and he was an awesome dad. My coping mechanism was to occupy every minute of my time so that I would have none left to think. It helped me survive, but now I realize I let it possess me like an inner demon. I became trapped in a straitjacket of my own making; if my mind wandered I'd just pull the ties tighter with more responsibilities, more emails, projects, people, more, more, more. And then my son said to me, "Mummy, you're always busy." I looked back at him. It had taken the eyes of a child to show me what was happening. The light bulb went on. It was time for me to make some decisions about what was really important and start filtering out the noise to hear my own voice and listen to what it was saying. When I did that, I realized that the successful projects and relationships in my life—the ones I really connected with, the ones I really wanted—all had something in common: they worked because I gave them my attention at the right moments. When I work with entrepreneurs and people starting up their own businesses, I always encourage them to identify the one thing they can do that day that will make the biggest difference. Not the five things or even the three things: the one thing. Most people seem to believe they need to do more, when really they just need to do what matters. To filter out the distractions and focus on the things that make the difference between surviving and thriving, between playing catch-up and being in the lead. To become world class at this, you have to give yourself a bit of time and space to let go, let the real you unfold. (Reading this book is perfect.) When you are thinking clearly, you can more easily discover what it is you really want, and then you need consciously to prioritize it; to discriminate between the things that help you grow and the things that set you back; or at least keep you standing still. To make this a reality requires honest, deep thinking, and you must follow that with action. We all place limitations on ourselves, often subconsciously, and until you uncover them, face them and free yourself of them, you'll be stuck on life's hamster wheel. It's time to look your fears and excuses in the face and prepare to jump out of your comfort zone, to start taking control of your life and to forge time for yourself and the things that matter. Your destination is happiness, and you can enjoy every moment of the journey. Why are you waiting to be truly happy? According to recent research from the Royal Economic Society, most people's lifetime happiness curve is U-shaped. Our happiness is high in our youth, starts to trail off by the time we are just twenty-five and doesn't pick up again until we retire. Unsurprisingly, this research indicates that our happiest times are when our lives are simplest, and the pressures of expectation from work and family commitments are at their lowest. That leaves forty years in between—the period when we are considered to be in our mental and physical prime, but during which too many of us settle for being "crazy busy" and just moderately happy. That's scary. Do we really want to defer living life at its best until we retire? Of course, this book isn't a "how to find happiness" manual, much though I'd like it to be. Sadly, there is no secret formula that will solve all life's problems. The best we can do is help each other illuminate the dark corners. My aim is to provide a wake-up call to remind you that it's possible to grab your own happiness and show you how to do it. This book is about living life to the fullest and not squandering it. It is for anyone who has something to change and the desire to do so. It's particularly useful for those with short attention spans and tight schedules. People who want to know how, not just why. I thought about calling this book *How to Get More Out of Life*, but it isn't about "getting more stuff"; This book is about taking what you already have and making the most of it—and in order to do so you may need to let go of a few things in the process. It's about squeezing every last drop out of life while you have the time to appreciate it. Getting the best from life is about digging down to the core of who you really are, what you really want and what makes you truly happy, then making the changes necessary to focus on those things. It's about reconnecting with the things that make you smile and your heart sing, the pursuits, the people and the work that give you lasting happiness, the dreams that linger unfulfilled, the adventures you've yet to set off on, the businesses you've always wanted to set up, the places you've wished you'd travelled to, the restaurants you've never eaten in, the lives you want to change, the house by the sea, the yoga at dawn, the book that's never been written, the life you imagined. This isn't a fairy tale, and neither is it wishful thinking. Many, if not most, of the things that will create your best life are perfectly attainable if you are willing to stop doing what's not important and start prioritizing what is. You can do anything—but you can't do everything. At least not at the same time. Relight your fire This isn't a book about time management either, but it will help you to prioritize how and where you invest your time to create a life you love. I'm not going to suggest you sell everything you own and go backpacking around the world (although if that's your dream, I'm certainly not going to advise against it). What I will teach you are practical ways to create change, now. It's about appreciating the life you already have and making it better. We're renovating here, not rebuilding. Most of you reading this book already have a pretty decent life—you just might be so caught up in being busy you've forgotten what it looks like. You have a roof over your head, whether you rent or own; you go on holidays; perhaps you have kids and/or a partner; you definitely have friends and colleagues; you have a job or run your own business. Most of all, you have dreams. This book is about how we resurrect those dreams and bring more of

them to life, by spending less time doing the things we are conditioned to believe we ought to do and more time doing the things we love to do. It's about relighting your fire and discovering your courage. It's about knowing that you can't please all of the people all of the time. . . and that's OK. ought: used to give advice, indicate duty or correctness; an expected state There will be tough times, when you're going to have to face up to your own culpability in holding yourself back (we all do it), but there will be plenty of eureka moments, too. Moments when you realize a few simple changes can make a big difference. That getting the best out of life is possible for everyone, not just a select few. THE PLACES YOU WANT TO GO THE THINGS THAT MAKE YOUR HEART SING THE PEOPLE WHO MAKE YOU SMILE THE LIVES YOU WANT TO CHANGE THE BUSINESS YOU'VE ALWAYS WANTED THE HOUSE BY THE SEATHE YOGA AT DAWN THE BOOK THAT'S NEVER BEEN WRITTEN THE LIFE YOU DREAMED OF