

Less Doing, More Living: Make Everything in Life Easier

Ari Meisel

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"Ari Meisel's philosophy in *Less Doing, More Living* is a true gem—simple, fun, and technologically up-to-date for the twenty-first century."

—David Bach, #1 *New York Times* bestselling author of *The Automatic Millionaire* and *Start Late, Finish Rich*

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Ari Meisel : Less Doing, More Living: Make Everything in Life Easier before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Less Doing, More Living: Make Everything in Life Easier*:

0 of 0 people found the following review helpful. StimulatingBy SJI've seriously enjoyed this little book. It has stimulated more creative ideas about being efficient and effective than anything in recent memory. This book is filled with ideas that lead me to a cascade of ideas that lead to action.0 of 0 people found the following review helpful. and Ari Meisel does a good job of explaining the value of greater personal automation ...By M. HsuI read a lot of books of this kind, and Ari Meisel does a good job of explaining the value of greater personal automation and suggesting tools. That said, the book reads very much like a blog post, and I feel like greater care could have been given to the style of prose used. I think that the author could have separated the concepts of automation more from the tools that can be employed to put those concepts into practice. Along those lines, I feel that the tools recommended only apply RIGHT NOW, as the technology will surely change within even one year. Obviously that is not Meisel's fault, but it does decrease the value of this book as those tools aren't likely to be the most current in the long run.1 of 1 people found the following review helpful. If you like apps, this is the book for youBy abraham socherIf you like apps, this is the book for you. Basically though, the title is amazing, and the information is only so-so. His basic premise is that a zillion different apps can solve your problems.

"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 reader on: Optimizing workflow with twenty-first-century apps and tools; Creating an “external brain” in the Cloud to do all of your “lower” thinking—like keeping track of appointments, meetings, and ideas; How to use technology to live a paper-free life; The three fundamentals of wellness—fitness, sleep, and nutrition—and technological approaches to improving these areas of life; And so much more! This book will give readers new tools and techniques for streamlining their workload, being more efficient in their day-to-day activities, and making everything in life easier.

"Readers will immediately recognize the wisdom of his approach and see that these tactics offer a big payoff. Meisel provides a concise and ingenious roadmap to doing less, getting more and enjoying life." —PUBLISHERS WEEKLY "I've seen many programs for improving lives (and created a few myself). Ari Meisel's philosophy in *Less Doing, More Living* is a true gem—simple, fun, and technologically up-to-date for the 21st century. This book will help you easily remove the stresses of day-to-day living and find that, in this removal, you'll have more time to enjoy the activities and people that you love." —David Bach, #1 New York Times bestselling author of *The Automatic Millionaire* and *Start Late, Finish Rich* "Less Doing is an awesome book because it is a hands-on guide that teaches you how to quickly implement the art of 'strategic laziness'—doing only the most important stuff, and doing it well enough to get what you want. The stuff in this book will help you kick more ass, whether you're an entrepreneur, a student, or anywhere in between." —Dave Asprey, founder of *Bulletproof Executive* "Less Doing, More Living is not just another marketed diatribe on personal efficiency; it is a real source of inspiration for rethinking our ideas about productivity in a way that is far removed from the outdated norms inherited from industrialism." —Business Digest "Ari Meisel's book is a KISS read packed with tons of valuable insights and tools to simplify your life, streamline your tasks, and allow you to focus on the right things with the right tools." —Mark Divine, author of *The Way of the SEAL* and *Unbeatable Mind* "Ari Meisel's *Less Doing, More Living* is a fittingly efficient read designed to help you optimize your life per nine fundamental principles. I came away inspired to further streamline my workflow, declutter my (dreaded) paper inbox, and obliterate my to-do list thanks to a host of great tech tool and time strategy recommendations." —Christine Koh, co-author of *Minimalist Parenting: Enjoy Modern Family Life More By Doing Less* "I'm going to send an automated reminder to myself to re-read Ari Meisel's super-helpful book every month. It's got an absurd number of tips that make my life easier." —AJ Jacobs, four-time NY Times bestselling author "This smart and practical work illustrates Meisel's approach to efficiency and effectiveness in all aspects of life. It's a road map of tools and tricks to help you be better at what you do in less time, regardless of your discipline, so that you can have more 'freed' time to spend it however you like." —Seamus Mullen, award-winning chef, restaurateur, and cookbook author "Efficiency is a lost art nowadays and Ari Meisel has armed you with an effective tool for increasing productivity in the midst of the chaos. Every aspect of your life can become better with just a few simple and implementable changes that you'll be shocked by how easy they are to do. Free yourself to do what you were meant to do so you can live the way you want to live. Start doing less and living more today!" —Jimmy Moore, author of *Cholesterol Clarity: What The HDL Is Wrong With My Numbers?* About the Author Ari Meisel has turned his hobby—optimizing productivity—into a popular framework and consulting service for automating and outsourcing life's tasks. His “Less Doing” philosophy continues to grow in popularity and has become a platform for general efficiency consulting to businesses, entrepreneurs, and everyone else who could use a little more time in their life. He lives on Long Island with his wife, three children, and two dogs.