



A WEEK IN *Learning*

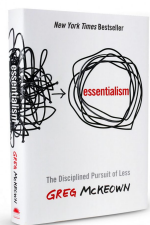
L&D RECOMMENDATIONS

for TED Talks, podcasts, books, and more!

ESSENTIALISM: THE DISCIPLINED PURSUIT OF LESS

by **Greg McKeown**

Book Recommended by **Trisha Martin, Senior Manager, Organizational Development**



The pursuit of productivity often feels like a never-ending race. We're urged to do more, be more, and achieve more – everywhere and from everyone. Yet, in our relentless quest for success, we often overlook a fundamental truth: the power of less.

"Essentialism: The Disciplined Pursuit of Less" by Greg McKeown presents a refreshing perspective on productivity and fulfillment. McKeown advocates for a mindset shift from "doing it all" to intentionally choosing what truly matters. By focusing on the essential few and eliminating the trivial many, individuals can simplify their lives and achieve greater clarity and effectiveness.

Through compelling stories and practical approaches, McKeown guides readers on a journey to prioritize what's truly important. Whether you're seeking to boost productivity or find greater satisfaction in your daily endeavors, "Essentialism" offers invaluable insights for living a life of purpose and fulfillment.

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