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# The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life

By Leo Babauta



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With the countless distractions that come from every corner of a modern life, it's amazing that we were ever able to accomplish anything. *The Power of Less* demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better.

*The Power of Less* will show you how to:

- Break any goal down into manageable tasks
- Focus on only a few tasks at a time
- Create new and productive habits
- Hone your focus
- Increase your efficiency

By setting limits for yourself and making the most of the resources you already have, you'll finally be able to work less, work smarter, and focus on living the life that you deserve.



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### Editorial Review

From Publishers Weekly

According to Babauta (*Zen to Done*), employing the power of less will propel readers from chaos to blissful and productive minimalism. Learning to set limitations, such as penning a three-item Most Important Task list every day and restricting e-mails to five lines, is a cornerstone for the authors plan for increased simplicity and satisfaction. With new boundaries in place, readers can discover flow, become wholly absorbed in tasks and live the paradox of doing less and achieving more. (*Jan.*)

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About the Author

**Leo Babauta** has been a reporter, editor, speechwriter, and freelance writer for the last 17 years. He founded ZenHabits.net with no funding in January 2007, and one year later it is a top 50 blog with about a million unique visitors per month. Using the methods he shares in THE POWER OF LESS over the last two years, he's trained and successfully completed a marathon, he's doubled his income, he's eliminated his debt, he's quit smoking, and he's written a novel.

From [AudioFile](#)

In some circles this message could be considered very controversial. A book about how to do less, rather than more, needs an assured, convincing narration such as the one Fred Stella provides. The author's countercultural exhortations--that one check email only once or twice a day and limit one own email messages to five lines, for example--come across with genuine plausibility as a result of Stella's precise enunciation and slight upward inflection at the end of each paragraph or section. Stella's purposeful, steady flow maintains the listener's attention as he presents practical steps towards unhooking from the manic pace of modern life. Positive and upbeat, Stella's enthusiasm infuses this clarion call to return to a simpler way life. M.R. © AudioFile 2009, Portland, Maine

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**Julian Loredó:**

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to be aware of everything in the world. Each publication has different aim or perhaps goal; it means that guide has different type. Some people feel enjoy to spend their time for you to read a book. They are really reading whatever they have because their hobby is definitely reading a book. How about the person who don't like reading a book? Sometime, man feel need book after they found difficult problem or exercise. Well, probably you will need this The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life.

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#### **Heather Robertson:**

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#### **Hazel Fletcher:**

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