The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy

By Chris Bailey

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A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives.
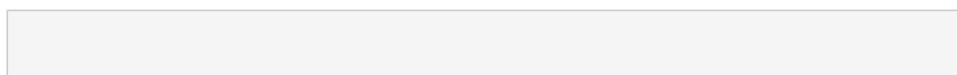
Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the impact of his experiments on the quality and quantity of his work.

The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you:

· slowing down to work more deliberately;
· shrinking or eliminating the unimportant;
· the rule of three;
· striving for imperfection;
· scheduling *less* time for important tasks;
· the 20 second rule to distract yourself from the inevitable distractions;
· and the concept of *productive* procrastination.

In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

From the Hardcover edition.

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Editorial Review

Review
NATIONAL BESTSELLER

"If you are a life hacker, this book is a keeper." —*Forbes*

"Chris Bailey has tackled the daunting task of personally experimenting with any and every technique you can imagine that could positively affect your productivity. His dedication to the project and his intelligent conclusions, combined with his candor and articulateness, make this a fun, interesting, and useful read!" —**David Allen**, author of *Getting Things Done*

"Chris Bailey might be the most productive man you'd ever hope to meet." —**TED Blog**

"Here's a book that promises, in the title, to pay for itself. And, the truth is, it will, in just a few days. And you'll even enjoy the journey." —Seth Godin, author of *Linchpin*

"Chris has written the ultimate guidebook for setting your life on fire. Read it, and you'll not only get more done, you'll feel better about it too." —Laura Vanderkam, author of *I Know How She Does It*

"So often we get stuck just doing what we have always done, even if it's not really working. This book helps you cut through all the productivity advice out there to find and test what really works for you." —Shawn Achor, positive psychology researcher and *New York Times* bestselling author of *The Happiness Advantage*

"*The Productivity Project* is well-written, fun, practical and useful all at the same time. I loved this book. It's practical Buddhism at its best!" —Marshall Goldsmith, bestselling author of *Triggers*, *MOJO* and *What Got You Here Won't Get You There*

"Chris doesn't just want you to be more productive. He wants you to live a better life. This book is a two-hour ticket to not only becoming more productive, but becoming genuinely happier." —**Neil Pasricha**, author of *The Book of Awesome* and *The Happiness Equation*

"[B]ecause of [Bailey's] personal experiences, the book has a special appeal. . . . Although it's about his personal odyssey, it's really about you—and how you can accomplish more and be happier each day. . . . The year has started with a productivity bang, at least in books . . . All are excellent, but I would rate [*The Productivity Project*] the best if you had to read just one." —*The Globe and Mail*

"My initial reaction was 'A self-help book? Not for me.' But it turns out, this book *is* for me—and you. . . . This funny read . . . will really get you thinking about how to make the most of your time and energy." —*Ottawa Magazine*

"[E]very entrepreneur and professional I've met in business wants and needs to be more productive, but finding the approach that works for them can be elusive. I think you will find the techniques presented here well worth adding to your work ethic." —**Martin Zwilling,** *Forbes*

"Straightforward and packed with practical tips, it'll have you reevaluating how you spend your precious

minutes." —*Vitamin Daily*

"Bailey's commitment to long form writing, analysis and experimenting with different approaches attracted my attention. His willingness to track results, numbers and share his findings reminds me of Tim Ferriss's earlier work on productivity. The world needs more experimentation and validation for productivity ideas, so I hope Bailey continues his work. . . . Bailey does us a service when he reminds us that 'common sense is not common practice.'" —*Project Management Hacks* (blog)

"Chris [Bailey] writes in an engaging way that really captured my attention. . . . He gives a lot of good insights that I think many students, young adults, and any career-minded person should read. Highly recommend!" —*Petite Christine* (blog)

About the Author
Chris Bailey, a graduate of Carleton University in Ottawa, wrote over 216,000 words on the subject of productivity on his blog, A Year of Productivity, during a yearlong productivity project where he conducted intensive research, as well as dozens of productivity experiments on himself to discover how to become as productive as possible. To date, he has written hundreds of articles on the subject and has garnered coverage in media as diverse as the New York Times, the Huffington Post, New York magazine, TED, Fast Company, and Lifehacker.

Users Review

From reader reviews:

Judith Jordan:

The knowledge that you get from The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy is a more deep you looking the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to understand but The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy giving you joy feeling of reading. The writer conveys their point in particular way that can be understood by simply anyone who read it because the author of this e-book is well-known enough. That book also makes your own personal vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having this specific The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy instantly.

Pamela Cole:

The reason why? Because this The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such amazing way makes the content interior easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your ability and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the reserve store hurriedly.

Jon Watson:

The book untitled The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear to see all the people, so do definitely not worry, you can easy to read it. The book was compiled by famous author. The author gives you in the new period of time of literary works. It is easy to read this book because you can read on your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice read.

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