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Busy: How To Thrive In A World Of Too Much



Synopsis

A Success Best Book of 2015 Business psychologist Tony Crabbe outlines a unique three-step approach to combating one of the modern life's great problems: being too busy. BUSY is divided into four digestible sections-Mastery, Differentiation, and Engagement-that will teach readers how to switch from managing time to managing attention, how to transition toward a career strategy that doesn't hinge on productivity, how to think differently about success by re-engaging with what matters, and how to create the impetus, energy, and clarity to put all these changes into effect. Crabbe draws on entertaining psychological studies to show why we're getting it wrong at the moment and to develop a fresh new approach to taking back one's life from chaotic outside forces. Rarely has a book been more timely in both its scope and in its immediate impact.

Book Information

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Customer Reviews

I must say that I've been reading personal effectiveness/improvement and such for decades and this one is simply one of the best. It's simply packed with tons of truly useful advice, explained in a clear and compelling way and backed up by research and other illustrations. While most books of this type are ones where I find myself skimming, this one I couldn't put down and I read every page. I intended to read it again as well as to share it with everyone I care about. Tony Crabbe evidently made a big personal sacrifice to write this book, but I for one am truly appreciative of the valuable insights and advice in this book. Do yourself a favor and read it, then talk about it with friends and family, and practice the lessons of the book. Busy talks about one of the biggest plagues of modern life and shows the way to deal effectively with its associated issues to improve your personal

effectiveness and happiness.

Have you ever felt that you were drowning amongst a sea of to-do lists and electronic messages ? Have you ever felt that if you could just stop time for 48 hours and lock yourself away with your computer, that you would be able to get on top of it all and regain some sense of control in your life ? Guess what? Itâ™s never going to happen and if you want to lose that drowning feeling then you need to change the way that you approach your day to day. â^Busyâ™ by Tony Crabbe is essential reading for you and anyone that you love and care about. Not only does it crack the code on how to survive in an electronic age of too much but it also goes so much further in dissecting what you really need for a better, happier, more successful you. Drawing on centuries of proven psychological findings and Tonyâ™s own expertise, the book separates the wheat from the chaff and is a modern handrail to help us to differentiate the pressing from the important and the things that really make a difference in life. It is so rich with wisdom that it is the sort of book that you need to read and read again to really take in all that it has to offer. If you want to be a better parent, employee, boss, friend, brother, sister, father in law, second cousin, anyone, you get the picture, then you need to read â^Busyâ™ and get everyone you know to read it too. It will shine a bright torch of self-awareness into the very corners of your being and provide a practical guide on how to improve the areas of your life that could use some help. I challenge anyone to read it and not find some practical teachings to improve their life and the lives of those around them. The gauntlet is down. Enjoy.

This is a good book. Today I spend an hour hiding in conference room get a piece of coding done, did not reply emails until 3:00 pm, got out of the office at 5:15 pm, and I felt this is the most productive day for the last 5 months. Thank you for letting me off the mindless corp. treadmill, if just for a while, and think what I am good at and what I really want to do.

Tverygood summary and collection of thoughts and advice in regards to finding the balance of tasks, priorities and making you stand out from the crowd. A good common sense view, even if most of it is not highl original content

A well constructed piece of literature, placed in a layman's format, underlining how it is possible to get out from the ever over burdening of modern life. If you look up at night the stars are still there.

Well researched. Practical advice.

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