

# Less Doing, More Living: Make Everything in Life Easier



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"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.

作者介绍:

In 2006, Ari was diagnosed with Crohn's disease. Crohn's is an incurable disease of the digestive tract. Ari's case was severe, and required over a dozen daily medications and several hospital visits. After reaching a personal low point in hospital, Ari decided he would do everything in his power to strengthen his by then weak body. Through a combination of yoga, nutrition, natural supplements and rigorous exercise (Triathlon and Crossfit) he was able to fight back the symptoms of Crohns until he was finally able to suspend his medication. Eventually Ari was declared free of all traces of the 'incurable' disease, and competed in Ironman France in June of 2011. Ari has since spoken at seminars and at a regional TED Talk about his struggle against a seemingly insurmountable opponent. Through the process of data collection, self tracking, and analysis, Ari helped develop Less Doing. This was a way of dealing with the daily stresses of life by optimizing, automating, and outsourcing all of his tasks in life and business.

目录:

[Less Doing, More Living: Make Everything in Life Easier\\_ 下载链接1](#)

标签

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评论

作者介绍了不少生活工作各方面可以节省时间的三个方法——优化、自动化、外包——的网站、公司工具。虽然有软文的嫌疑，但是如果可以从中选择到解决痛点的工具，我还是很欢迎的。

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书评

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