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Busy: How to Thrive in a World of Too Much

By Tony Crabbe

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Busy: How to Thrive in a World of Too Much, Tony Crabbe, It's difficult to ask anybody 'How are you?' without hearing the word 'busy' somewhere in their response. We feel overwhelmed by busyness because of the demands on our time: our inbox and our to-do list are bulging, a huge amount of people expect things from us and our organisations are trying to do more with fewer people. But it doesn't have to be that way. In reality, busyness isn't essential. Yes, there is a lot to do, but believing you're always busy because you have so much to do is both false and unhelpful. Busyness is a normal response to a world of too much, but it isn't the only response. In Busy Tony Crabbe draws on solid psychological research to address one of the great problems of modern life: we're too busy. But it isn't a time-management book. Rather than providing advice for increasing productivity and efficiency, it sets out four key strategies (corresponding to sections of the book) for thriving despite of the overload of too much: 1. Mastery - to move beyond busyness you need...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- *Otis Wisoky*

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- *Dr. Everett Dicki DDS*