

## The Power Of Less The Fine Art Of Limiting Yourself To The Essential In Business And In Life

*As a result of higher frequencies and increased user mobility, researchers and systems designers are shifting their focus from time-invariant models to channels that vary within a block. Wireless Communications Over Rapidly Time-Varying Channels explains the latest theoretical advances and practical methods to give an understanding of rapidly time varying channels, together with performance trade-offs and potential performance gains, providing the expertise to develop future wireless systems technology. As well as an overview of the issues of developing wireless systems using time-varying channels, the book gives extensive coverage to methods for estimating and equalizing rapidly time-varying channels, including a discussion of training data optimization, as well as providing models and transceiver methods for time-varying ultra-wideband channels. An introduction to time-varying channel models gives in a nutshell the important issues of developing wireless systems technology using time-varying channels Extensive coverage of methods for estimating and equalizing rapidly time-varying channels, including a discussion of training data optimization, enables development of high performance wireless systems Chapters on transceiver design for OFDM and receiver algorithms for MIMO communication channels over time-varying channels, with an emphasis on modern iterative turbo-style architectures, demonstrates how these important technologies can optimize future wireless systems*

*Do Less Better teaches leaders how to recognize the complexity and inefficiencies within their businesses and reveals how they can simplify and streamline through specialization and sacrifice. According to Bell, a company's willingness to focus on a particular vision or identity ensures viability and strengthens its competitive edge.*

*From the coauthor of the New York Times bestseller The Second Machine Age, a paradigm-shifting argument “full of fascinating information and provocative insights” (Publishers Weekly, starred review)—demonstrating that we are increasing prosperity while using fewer natural resources. Throughout history, the only way for humanity to grow was by degrading the Earth: chopping down forests, polluting the air and water, and endlessly using up resources. Since the first Earth Day in 1970, the focus has been on radically changing course: reducing our consumption, tightening our belts, and learning to share and reuse. Is that argument correct? Absolutely not. In More from Less, McAfee argues that to solve our ecological problems we should do the opposite of what a decade of conventional wisdom suggests. Rather than reduce and conserve, we should rely on the cost-consciousness built into capitalism and the streamlining miracles of technology to create a more efficient world. America—a large, high-tech country that accounts for about 25% of the global economy—is now generally using less of most resources year after year, even as its economy and population continue to grow. What’s more, the US is polluting the air and water less, emitting fewer greenhouse gases, and replenishing endangered animal populations. And, as McAfee shows, America is not alone. Other countries are also transforming themselves in fundamental ways. What has made this turnaround possible? One thing, primarily: the collaboration between technology and capitalism, although good governance and public awareness have also been critical. McAfee does warn of issues that haven’t been solved, like global warming, overfishing, and communities left behind as capitalism and tech progress race forward. But overall, More from Less is a revelatory and “deeply engaging” (Booklist) account of how we’ve stumbled into an unexpectedly better balance with nature—one that holds out the promise of more abundant and greener centuries ahead.*

*In this stunning bestseller praised as "our era's Handmaid's Tale," a fierce new power has emerged—and only women have it (Washington Post). In The Power, the world is a recognizable place: there's a rich Nigerian boy who lounges around the family pool; a foster kid whose religious parents hide their true nature; an ambitious American politician; a tough London girl from a tricky family. But then a vital new force takes root and flourishes, causing their lives to converge with devastating effect. Teenage girls now have immense physical power: they can cause agonizing pain and even death. And, with this small twist of nature, the world drastically resets. From award-winning author Naomi Alderman, The Power is speculative fiction at its most ambitious and provocative, at once taking us on a thrilling journey to an alternate reality, and exposing our own world in bold and surprising ways. "Captivating, fierce, and unsettling...I was riveted by every page. Alderman's prose is immersive and, well, electric." —New York Times Book Review*

*Do Less, Be More*

*Why Time Management Courses Don't Work And How To Spend Your Precious Life On The Things That Really Matter*

*Simplicity Parenting*

*A Proven System for Getting More Done in Less Time Than You Ever Thought Possible*

*The Power of Less*

*The Power of Fifty Bits*

*The Surprising Story of How We Learned to Prosper Using Fewer Resources—and What Happens Next*

"No" is sometimes the hardest word to say. It's also the most necessary. How many times have you heard yourself saying yes to the wrong things—overwhelming requests, bad relationships, time-consuming obligations? How often have you wished you could summon the power to turn them down? This lively, practical guide helps you take back that power—and shows that a well-placed No can not only save you time and trouble, it can save your life. Drawing on their own stories as well as feedback from their readers and students, James Altucher and Claudia Azula Altucher clearly show that you have the right to say no: To anything that is hurting you. To standards that no longer serve you. To people who drain you of your creativity and expression. To beliefs that are not true to the real you. It's one thing to say no, the authors explain. It's another thing to have the Power of No. When you do, you will have a stronger sense of what is good for you and the people around you, and you will have a deeper understanding of who you are. And, ultimately, you'll be freed to say a truly powerful "Yes" in your life—one that opens the door to opportunities, abundance, and love.

The Power of LessThe Fine Art of Limiting Yourself to the Essential... in Business and in LifeHay House, Inc

From two influential and visionary thinkers comes a big idea that is changing the way movements catch fire and ideas spread in our highly connected world. For the vast majority of human history, power has been held by the few. "Old power" is closed, inaccessible, and leader-driven. Once gained, it is jealously guarded, and the powerful spend it carefully, like currency. But the technological revolution of the past two decades has made possible a new form of power, one that operates differently, like a current. "New power" is made by many; it is open, participatory, often leaderless, and peer-driven. Like water or electricity, it is most forceful when it surges. The goal with new power is not to hoard it, but to channel it. New power is behind the rise of participatory communities like Facebook and YouTube, sharing services like Uber and Airbnb, and rapid-fire social movements like Brexit and #BlackLivesMatter. It explains the unlikely success of Barack Obama's 2008 campaign and the unlikely victory of Donald Trump in 2016. And it gives ISIS its power to propagate its brand and distribute its violence. Even old power institutions like the Papacy, NASA, and LEGO have tapped into the strength of the crowd to stage improbable reinventions. In New Power, the business leaders/social visionaries Jeremy Heimans and Henry Timms provide the tools for using new power to successfully spread an idea or lead a movement in the twenty-first century. Drawing on examples from business, politics, and social justice, they explain the new world we live in--a world where connectivity has made change shocking and swift and a world in which everyone expects to participate.

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. Simplicity Parenting offers inspiration, ideas, and a blueprint for change: • Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload. • Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed. • Schedule a break in the schedule. Establish intervals of calm and connection in your child's daily torrent of constant doing. • Scale back on media and parental involvement. Manage your children's "screen time" to limit the endless deluge of information and stimulation. A manifesto for protecting the grace of childhood, Simplicity Parenting is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

The New Science of Turning Good Intentions into Positive Results

The Fine Art of Limiting Yourself to the Essential...in Business and in Life

The Comfort of Things

Zen to Done

More Wealth with Less Work

A Simple Plan for Understanding the Bible

Tim Ferriss has trouble defining what he does for a living. Depending on when you ask this controversial Princeton University guest lecturer, he might answer: I race motorcycles in Europe I ski in the Andes I scuba dive in Panama I dance tango in

Zen To Done is a simple system to help you get organized and productive--keeping your life saner and less stressed--with a set of simple habits. Zen To Done takes some of the best aspects of popular productivity systems (GTD, Stephen Covey, and others), then combines and simplifies them, giving you just what you need--and no more. Simply put, ZTD teaches you: (1) The key habits needed to be organized and productive. (2) How to implement these habits. (3) How to organize the habits into a simple system that will keep everything in your life in its place. (4) How to simplify what you need to do. (5) How to implement an even simpler version called Minimal ZTD. If you're tired of doing things the hard way and just want a simple, easy, yet effective way to accomplish your goals, Zen To Done is just what you need.

Want to change your life? Start small. 52 Changes, by Leo Babauta, of Zen Habits fame, suggests 52 changes you can make in a year, one change per week. The author writes, "This isn't a self-improvement book. It's an experimentation book. It's a change lab. It's a way to explore yourself, to figure out what works best for you, to get out of your comfort zone, to learn how to change, and to be OK with change. It's about living in a way that will give you the greatest fulfillment, help you help the world, and live more fully and in the present." Whether you need help with finances, time management, creativity, or cleaning your closet, Leo Babauta offers solid, helpful, friendly advice about making small changes that can make a big difference!

A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines. Reprint. 60,000 first printing.

MINIMALIST LIVING FOR MAXIMUM HAPPINESS

The Power of Passive Investing

The More of Less

More for Less

The ONE Thing

Becoming More by Doing Less

Finding the Life You Want Under Everything You Own

'Machiavelli has a new rival, and Sun-tzu had better watch his back' - New York Times Robert Greene's laws are now famous: Law 1: Never outshine the master. Law 2: Never put too much trust in friends; learn how to use enemies. Law 3: Conceal your intentions. Law 4: Always say less than necessary. At work, in relationships, on the street or on the 6 o'clock News: the 48 Laws apply everywhere. For anyone with an interest in conquest, self-defence, wealth, power or simply being an educated spectator, The 48 Laws of Power is one of the most useful and entertaining books ever; it 'teaches you how to cheat, dissemble, feign, fight and advance your cause in the modern world.' (Independent on Sunday). Robert Greene will teach you the distilled wisdom of the masters - illustrated through the tactics, triumphs and failures from Elizabeth I to Henry Kissinger on how to get to the top and stay there. Wry, ironic and clever, this is an indispensable and witty guide to power. The perfect gift book for the power-hungry (and who doesn't want power?); this is the Concise Edition of an international bestseller. From the internationally bestselling author of Mastery, The Art Of Seduction, and The 33 Strategies Of War.

Learning how and taking time to nurture yourself isn't selfish, in fact, it's a crucial part of your overall health. This special edition from Real Simple shares tips, tricks, and practices to help nurture the inner you. Divided into three sections - emotional wellness, a joyful life, and mind and body, Mental Well-Being provides the framework to help you: Feel at peace in uncertain times, eat and work out for great moods, do things in the moment to feel less anxious, and accept that it's perfectly okay to not be okay all the time. Practicing self-compassion provides you with the tools to take on small challenges with authority and to cope when things seem hard and out of control.

What do we know about ordinary people in our towns and cities, about what really matters to them and how they organize their lives today? This book visits an ordinary street and looks into thirty households. It reveals the aspirations and frustrations, the tragedies and accomplishments that are played out behind the doors. It focuses on the things that matter to these people, which quite often turn out to be material things - their house, the dog, their music, the Christmas decorations. These are the means by which they express who they have become, and relationships to objects turn out to be central to their relationships with other people - children, lovers, brothers and friends. If this is a typical street in a modern city like London, then what kind of society is this? It's not a community, nor a neighbourhood, nor is it a collection of isolated individuals. It isn't dominated by the family. We assume that social life is corrupted by materialism, made superficial and individualistic by a surfeit of consumer goods, but this is misleading. If the street isn't any of these things, then what is it? This brilliant and revealing portrayal of a street in modern London, written by one the most prominent anthropologists, shows how much is to be gained when we stop lamenting what we think we used to be and focus instead on what we are now becoming. It reveals the forms by which ordinary people make sense of their lives, and the ways in which objects become our companions in the daily struggle to make life meaningful.

New in paperback: Millennial blogger recounts her yearlong shopping ban in a memoir that inspires readers to radically simplify their own lives and redefine what it means to have, and be, "enough." In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy--only keeping her from meeting her goals--she decided to set herself a challenge: she would not shop for an entire year. Now available for the first time in paperback, The Year of Less documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food--and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with inspiring insight and practical guidance, The Year of Less will leave you questioning what you're holding on to in your own life--and, quite possibly, lead you to find your own path of less.

Unlock the Power of Less -and Achieve More Than You Ever Imagined

The Power of Full Engagement

How Power Works in Our Hyperconnected World--and How to Make It Work for You

Wireless Communications Over Rapidly Time-Varying Channels

The Disciplined Pursuit of Less

Essentialism

The Power of Living Fully Engaged

With the countless distractions that come from every corner of a modern life, it's amazing that 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 work less, work smarter, and focus on living the life that you deserve.

Don't Settle for More Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In The More of Less, Joshua Becker helps you... • Recognize the life-giving benefits of owning less • Realize how all the stuff you own is keeping you from pursuing your dreams • Craft a personal, practical approach to decluttering your home and life • Experience the joys of generosity • Learn why the best part of minimalism isn't a clean house, it's a full life The beauty of minimalism isn't in what it takes away. It's in what it gives. Make Room in Your Life for What You Really Want "Maybe you don't need to own all this stuff." After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. The More of Less delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

Yes you can understand the Bible! Discovering the Miracle of the Scarlet Thread in Every Book of the Bible takes the mystery and confusion out of the Bible and makes God's Word come alive with new insights and a fresh excitement that will have you searching for more. Dr. Richard Booker unveils the mysteries and secrets of the Bible by explaining its master theme, and then reveals a simple plan so you can discover God's personal revelation for yourself. The author provides Exciting biblical background, An interesting survey of each book in the Bible, Each book's master theme, Practical principles, forms, and guidelines for your own life-enriching Bible study. The sometimes hard-to-understand teachings of Jesus in their original culture and context come alive and become real through discovering the miracle of the scarlet thread. Then Jesus began to explain everything which had been written in the Scriptures about Him. Jesus started with the books of Moses and then He talked about what the prophets had written about Him (Luke 24:27 PEB). This book about the Bible will change the way you think about His Word His life-changing and eternal Word.

A leading not-for-profit CEO counsels companies on practical methods for cutting costs while improving results, providing coverage of such topics as non-financial incentives and grassroots marketing while describing the examples of flourishing not-for-profit organizations.

Real Simple Mental Well-Being

The 48 Laws Of Power

The Power of Zero in Business

Pivot and Grow

The 6 Essential Productivity Principles that Will Change Your Life

How I Stopped Shopping, Gave Away My Belongings, and Discovered Life is Worth More Than Anything You Can Buy in a Store

The Power of Pause

*A guide to overcoming the mind's resistance to change, with a method for forming habits, increasing mindfulness, and dealing with life struggles.*

*21 successful international entrepreneurs share their current best-thinking, strategies and insights to pivot and grow and a sustainable, profitable entrepreneurial business especially in challenging times.. Editor:*

**Andrew Priestley Contributors: Paul Dunn (Foreword), Nikie Piper, Andy Cristin, Kerry Collinge, Amber Trueblood, Bob Hayward, Tammy Banks, Scott Keyser, Lorna Reeves, Robin Waite, Sammy Blindell, Matthew Newnham, Mike Bugembe, Marissa Ellis, Baiju Solanki, Kim-Adele Platts, Ben Taylor, Alexander Seery, Dave Clare, Andrew Priestley and Martin Norbury (Afterword). This is an extraordinary volume packed with frontline experience, insight and value for anyone wanting to pivot and grow their business. Topics include: Pivot, grow and scale Problem solving Financial director insights Branding and positioning Scenario planning Mission, Vision and values Tendering Online Business Events Niching AI Managing change and change canvas strategies Sales Opportunity Audits Normalising challenges And much more ... This is an exceptional resource and essential guide for ambitious entrepreneurs.**

**A pocket-sized book that won't overload the reader with information. It is packed with the most useful and salient tips and ideas for anyone looking to live a simpler life We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath. But what would happen if we aimed for less? This little book, filled with practical tips and ideas, covers a range of topics that could lead to a simpler way of life, including how to:**

- Stress less
- Reduce screen time
- Minimize clutter
- Shop sustainably
- Make the most of your 'me' time

**By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.**

**• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads**

**People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH – LESS AND MORE. In The ONE Thing, you'll learn to**

- \* cut through the clutter
- \* achieve better results in less time
- \* build momentum toward your goal
- \* dial down the stress
- \* overcome that overwhelmed feeling
- \* revive your energy
- \* stay on track
- \* master what matters to you

**The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?**

**New Power**

**Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal**

**Escape the 9-5, Live Anywhere and Join the New Rich**

**The Power of Process Management**

**Living More with Less**

**The Power of Doing Less**

**The Ultimate Simple Productivity System**

Learn the strategies for taking complete control of your time and using it to get more done, increasing productivity and income exponentially. One of the world's premier business consultants and personal success experts, Brian Tracy has devoted more than 25 years to studying the most powerful time management practices used by the most successful people in every arena. Now, Tracy reveals his comprehensive system designed to help you grow your productivity and income in just a few weeks In Time Power, you will learn how to: gain two more productive hours each day make better, faster decisions set clear goals and focus on higher-value activities manage multitask jobs more efficiently overcome the people problems that can sap their time use the five tools and techniques that will make them more productive, and much more! Overflowing with quick and effective time-saving strategies, Time Power lets you in on the secrets to being more productive, earning more money, and getting more satisfaction from life.

Wall Street Journal Bestseller A groundbreaking approach to succeeding in business and life, using the science of resourcefulness. We often think the key to success and satisfaction is to get more: more money, time, and possessions; bigger budgets, job titles, and teams; and additional resources for our professional and personal goals. It turns out we're wrong. Using captivating stories to illustrate research in psychology and management, Rice University professor Scott Sonenshein examines why some people and organizations succeed with so little, while others fail with so much. People and organizations approach resources in two different ways: "chasing" and "stretching." When chasing, we exhaust ourselves in the pursuit of more. When stretching, we embrace the resources we already have. This frees us to find creative and productive ways to solve problems, innovate, and engage our work and lives more fully. Stretch shows why everyone—from executives to entrepreneurs, professionals to parents, athletes to artists—performs better with constraints; why seeking too many resources undermines our work and well-being; and why even those with a lot benefit from making the most out of a little. Drawing from examples in business, education, sports, medicine, and history, Scott Sonenshein advocates a powerful framework of resourcefulness that allows anybody to work and live better.

There is only one boss. The customer. And he can fire everybody in the company from the chairman on down, simply by spending his money somewhere else. —Sam Walton What do your customers really want? "More for less," of course! They want more value, more service, more consistent delivery, more accuracy, and ever more responsiveness.They want less hassle, less bureaucracy, less sales pressure -- and, they want to pay "less" for this "more." Unless you can provide your customers with "more for less," you can be assured they will find someone else who can, and sooner rather than later. There's no magic to providing more for less, but it requires a management mindset that's different from the norm--and that's precisely what this book is about. The findings in the 2004-2005 Mindset Study, based on exclusive interviews with frontline executives, went into the making of this book. With clarity and insight, Spanyi has penned the definitive guide for business leaders who are determined to deliver more for less to their customers and shareholders.

Chinese edition of The power of less: the fine art of limiting yourself to the essential...in business and in life. This book offers the simplifi-mycin every modern life needs to combat busy-distraction-itis. These Zen

habits can be learned easily and ubiquitously applicable.

52 Changes

Zilch

All You Need is Less

The Year of Less

Discovering the Miracle of the Scarlet Thread in Every Book of the Bible

Do Less Better

Time Power

"Forget the aesthetics of mainstream minimalism and discover a life of authenticity and intention with this practical guide to living with less...your way"--

Going beyond the bestsellers Predictably Irrational and Thinking, Fast and Slow, the first “how to” guide that shows you how to help customers, employees, coworkers, and clients make better choices to get what they truly want. Of the ten million bits of information our brains process each second, only fifty bits are devoted to conscious thought. Because our brains are wired to be inattentive, we often choose without thinking, acting against our own interests—what we truly want. As the former Chief Scientist of Express Scripts, a Fortune 25 healthcare company dedicated to making the use of prescription medications safer and more affordable, Bob Nease is an expert on applying behavioral sciences to health care. Now, he applies his knowledge to the wider world, providing important practical solutions marketers, human resources professionals, teachers, and even parents can use to improve the behavior of others around them, and get the positive results they want. Nease offers a set of powerful and effective strategies to change behavior, including: Require Choice—compel people to deliberately choose among options Lock in Good Intentions—allow people to make decisions today about choices they will face in the future Let It Ride—set the default to the desired option and let people opt out if they wish Get in the Flow—go to where peoples’ attention is likely to be naturally Reframe the Choices—set the framework people use to consider options and choices Piggyback It—connect the desired choice or behavior with something they already like or are engaged in Simplify . . . Wisely—make right choices frictionless and easy, make wrong choices more difficult And more.

With the arrival of the 21st century we have encountered a mental and material explosion in the Western world: we have near-unlimited information at our fingertips, we can have children who are healthy and safe, and we have wealth and possessions beyond what most of the world can dream of. However, this is not a boast. We are more stressed than we have ever been: the majority of us are profoundly unhappy. Despite the potential of prosperity, our fears are undiminished: we are stuck with cars and computers and houses and mobiles and hundreds of other tiny apparent "needs" that, when all combined, build to something unsustainable. Though we are surrounded by what we want, our desire to keep and still get more creates a pressure that we cannot tolerate. But we do not need to "keep up with the Joneses". The flip side of our society's growth is that we can choose what to accept, and what not to accept: what to keep, and what to lose, joyfully and consciously. With this handbook of simplicity, Leo Babauta shows us: • why less is powerful • how to know what you want, and what you need • how to choose what is essential, and clear out the rest With The Power of Less, you will be able to start a complete shift from wanting everything to needing nothing, be able to live your life simply without compromise, and discover that though we cannot have everything we want, we can obtain anything we will ever need. With this book, you will find how to go through life not carefully, but carefreely.

Most of us worry about our distractibility. We zone out, daydream and procrastinate, and then chastise ourselves for wasting time. But what if most of that “wasted time” was actually time well spent?As neuroscientist Dr. Srini Pillay explains, there is a neurological imperative for why we all do these things.Drawing on the latest brain research, compelling stories from his psychological practice, and colourful examples of counterintuitive success from sports, business, education and the arts, he reveals that there is a vital default mode network in the brain that only activates when we are unfocused, “doing nothing” or letting our minds rest. And that healthy default mode network is necessary for the brain to rejuvenate and function at its best.If focus is the valuable close and narrow beam that illuminates the path directly ahead, unfocus is the equally valuable beam that reaches far and wide, enabling our peripheral vision. It is the intelligent form of letting go.Challenging traditional ideas about productivity, Dr Pillay reveals how being too focused can be detrimental, and how you can harness and exploit the power of unfocus in many different areas of your life: to enhance creativity, improve your capacity for learning and even help you overcome a general malaise or an emotional or career rut.

Stretch

Essential Zen Habits

The Power of Strategic Sacrifice in a Complex World

The Power

Using the Power of Less to Raise Happy, Secure Children

The 4-hour Work Week

Stuffocation

**The promise of becoming more by doing less sounds incredible almost too good to be true but people intuitively know it is possible when they get "engaged."**

**Terry Hershey, popular speaker and frequent retreat leader, understands that life is busy and getting busier. However, he also knows from personal experience that there is an inevitable price to pay if we don't regularly take time simply to pause and let our souls catch up with our bodies. In The Power of Pause, Hershey counters the cultural decree that says we must always be busy if life is to be fulfilling. Through 52 short chapters featuring powerful stories, inspiring quotations, and everyday opportunities for simplicity, we learn to relish the practice of resting as we take back the life we were always intended to have.**

**A practical guide to passive investing Time and again, individual investors discover, all too late, that actively picking stocks is a loser's game. The alternative lies with index funds. This passive form of investing allows you to participate in the markets relatively cheaply while prospering all the more because the money saved on investment expenses stays in your pocket. In his latest book, investment expert Richard Ferri shows you how easy and accessible index investing is. Along the way, he highlights how successful you can be by using this passive approach to allocate funds to stocks, bonds, and other prudent asset classes. Addresses the advantages of index funds over portfolios that are actively managed Offers insights on index-based funds that provide exposure to designated broad markets and don't make bets on individual securities Ferri is also author of the Wiley title: The ETF Book and co-author of The Bogleheads' Guide to Retirement Planning If you're looking for a productive investment approach that won't take all of your time to implement, then The Power of Passive Investing is the book you need to read.**

**For parents who want to slow down, but who don't know how, here are four simple steps for decluttering, quieting, and soothing family dynamics so that children can thrive at school, get along with peers, and nurture well-being. Kim John Payne, one of the world's leading Rudolf Steiner/Waldorf educators, offers novel ways to help kids feel calmer, happier, and more secure.**

**More from Less**

**Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids**

**The Power of No**

**Unlock the power of the unfocused mind**

**The Afronimalist's Guide to Living with Less**

**The Surprisingly Simple Truth Behind Extraordinary Results**

**Mastering the Art of Change, Briefly**

Have you ever found yourself struggling with information overload? Have you ever felt both overworked and underutilised? Do you ever feel busy but not productive? If you answered yes to any of these, the way out is to become an Essentialist. In Essentialism, Greg McKeown, CEO of a Leadership and Strategy agency in Silicon Valley who has run courses at Apple, Google and Facebook, shows you how to achieve what he calls the disciplined pursuit of less. Being an Essentialist is about a disciplined way of thinking. It means challenging the core assumption of 'We can have it all' and 'I have to do everything' and replacing it with the pursuit of 'the right thing, in the right way, at the right time'. By applying a more selective criteria for what is essential, the pursuit of less allows us to regain control of our own choices so we can channel our time, energy and effort into making the highest possible contribution toward the goals and activities that matter. Using the experience and insight of working with the leaders of the most innovative companies and organisations in the world, McKeown shows you how to put Essentialism into practice in your own life, so you too can achieve something great.

We're all stuffocated. We have more stuff than we could ever need - but it's bad for the planet and it's making us stressed. It might even be killing us. In this groundbreaking book, trend forecaster James Wallman finds that a rising number of people are turning away from all-you-can-get consumption, from the exec who's sold almost everything he owns, to the well-off family who moved to a remote mountain cabin. In Stuffocation, Wallman's solution is to focus less on possessions and more on experiences. It is a manifesto for a vital change in how you live - and it's the one book you won't be able to live without.

Overloaded? I'll bet you are. We all lead busy lives. You fall into bed exhausted at the end of the day, feeling that you've got a lot done. Perhaps you are getting lots done. But is it stuff that really matters? Or is it just stuff? It's time to wise up. You will never clear that list. Get used to the idea that some things will never get done. Not delayed. Not rescheduled. Not re-prioritized. But simply dropped. And from now on, instead of trying to clear that endless to-do list, you're going to do a much smarter thing. You're going to just do the important stuff.

And the brilliant thing is, you already have the power to do this. That power is to do less. Soon enough, you'll have the space to enjoy the moment, be creative, find new or better ways of doing things, get ideas, and spot opportunities you would have missed when you were running around. In short - you'll be happier. Much happier. As soon as you stop doing, the power of doing less will begin to flow.

Think Less Learn More

The Fine Art of Limiting Yourself to the Essential... in Business and in Life