

Do Less, Get More: How to Work Smart and Live Life Your Way

Shaa Wasmund

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When you stop trying to do so much, you get so much more done.

Do you put yourself under too much pressure to succeed, which only makes it harder to achieve? Are you constantly playing catch-up and struggling to find time for the things, and people, you love?

It doesn't have to be this way. Anything is possible when you stop trying to do everything at the same time.

Often it's fear that keeps us stuck in our patterns. If we're super busy then no one can say we're not working hard. But there's another way to live a life that's both more enjoyable and more productive, if only we can break those routines.

In *Do Less, Get More*, entrepreneur and bestselling author Shaa Wasmund reveals that when we embrace a "less is more" attitude, we can appreciate all the good things we already have and find the courage to prune the nonessentials. And then we can find the space in which to pursue exciting new opportunities.

Wasmund teaches us how to become experts in the things we're truly passionate about, rather than mediocre jacks-of-all-trades. Her tools include exercises like:

- * Escaping the "when, then" trap. Stop putting something off because you're waiting to be ready ("I'll start my own business when my kids are out of the house" or "I'll lose weight when this project is over"). Take one practical step toward what you want right now.
- * Nurturing your support network: Who are the people who truly support you? Prioritize those who are genuinely on your side and practice asking for help. Focus on quality over quantity in developing your network.
- * Scheduling for value: What gets put in our calendar gets done. And you shouldn't only plan for work projects: scheduling time for the people and activities you love and that give you purpose and energy is just as important.

This life-changing book gives you the tools to ditch your to-do list and follow your dreams. It will be your essential guide to doing what you love--and letting go of the rest.

Do Less, Get More: How to Work Smart and Live Life Your Way Details

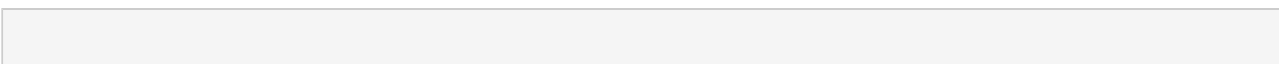
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Cristian says

I have not read a lot of books on productivity, personal improvement or time management. The one I remember is Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time that one **had only one powerful advice**

Do less, Get More by Shaa Wasmund goes to the same shortlist of best books I have read on self-management. Loved her writing, advices and overall feel and look of the book. I read it in one go and start applying its advices on one very specific area of my life I'm stuck with.

This is what a good book is all about. Encouraging permanent change.

PS: I did not give it 5 stars only because I wished the book was longer. Other than that, really liked it.

Kelly Lynn Thomas says

If you've ready any similar books, you probably won't find much new here, but I appreciated the way the text was broken down into handy "cheat-sheet" graphics. I also started using Evernote again thanks to this book-- it can do so much more than it used to, and it's awesome.

JasperJones says

I have read the whole thing, properly, literally from cover to cover. I'll prefix my review by saying that this is clearly a very successful woman who has obviously done extremely well. Having an MBE in her professional field and clients including Sir James Dyson and Sir Bob Geldof are not to be sneezed at.

So, I actually feel hugely disappointed and wonder whether I have spectacularly missed the point of this book!

My first impressions on receiving the book were favourable - I loved the covers. Minimalistic, clean and to the point, in keeping with the theme. The testimonials on the back made some bold claims "A potential life changer", "devastatingly effective" and "my guide book on how to live a life filled with meaning".

Unfortunately I cannot agree with any of these sentiments.

The tone of the book is irritatingly chatty. I felt as though I was being talked at at 100 miles per hour, not being engaged with, even the 'exercises' didn't help draw me in. The same points were made over and over and the relentless use of rhetorical questions was infuriating and felt patronising.

There is nothing new here. This is a very shallow drawing together of common sense notions, presented as though they are groundbreaking ideas. Using post-it notes. Drawing a 'mind map' / brainstorm. Delegate the things you do not love doing (hardly realistic advice when it comes to the daily grind of parenthood).

What was unforgivable in my opinion, was the complete lack of references. Throughout the book the author

makes many references to scientific studies from various respectable academic institutions and seems to expect us to take her on her word. The inclusion of Abraham Maslow's 'Hierarchy of Needs' is casually dropped into page 76 without credit or explanation. A credible non fiction book would use a formal referencing system. The 'Inspiring words' resource list is not a substitute.

I did like the layout however; the many subtitles help to break up the sections and make it (thankfully) very easy to put down and pick up in short bursts. The vast majority of the illustrations were superfluous and seemed to be 'space fillers'. The inclusion of little stars and love hearts scattered throughout were ridiculous and reminded me of a teenager's secret diary.

I loathed this book and felt obligated to read it as part of an online giveaway. Ordinarily I would not have read past the first five pages.

Caroline Bennett says

Not what I was looking for. Lots of theory with no science. Lots of generic quotes with not much practical advice.

Garo says

A book to keep handy at all times.

Ellen says

So I admit it, this hits my buttons. It's a way of life forced upon me by a chronic illness, but one that also makes sense to me. Living in the countryside on a farm, I have the environment to embrace this approach (if we ignore the huge house, the enormous garden, the never-ending demands of farming). I liked this book because it wasn't too repetitive and had a couple of things actually made me pause and think. A lot was the usual self-help mush, but that's OK. Sometimes it's nice to read something that chimes with your world view.

Stephen Roe says

There wasn't anything new here.

And Maslow's hierarchy of needs included "WiFi" at the bottom.

I'm at a loss for words.

Monika says

A nice bit of motivation/kick up the backside (and my first foray into “self help”) books. But this was just a lot of repetition/restating of techniques that I either already employ, or kinda could have guessed.

Brenda says

Decent quick read. The format was short narratives with related illustrations and bold typography to emphasize various points.

Not exactly ground breaking with recycled quotes and mantras but a good reminder none the less on prioritization and how to live life well.

Joanna Berlinska says

I wanted to give the book three stars, but three stars stands for 'I liked it' while what I really want to say is that ... it was ok. But not much more than that. At least for me, who have read a few books on self-development and self-management. I picked this one before a longish train journey and I read it quickly. I think that is what it is - an easy, travel book. I picked it up intrigued by the cover reviews, such as this one 'Simple yet devastatingly effective. Packed with tools and tricks to help you reignite your schedule, your days and your life' or 'My guide on how to live a life filled with meaning'. It promised a lot! Unfortunately there were hardly any new ideas for me in the book. What there was was sleekly put together from various sources + some common sense - at least for a person capable of pausing, self-analysing and reflecting what doesn't work and coming up with ideas for change (e.g. switching off your phone, scheduling and prioritising, saying No, de-cluttering, open space, concentration and connection...). The book is like a good singer covering other artists - it's ok but there is very few original ideas.

The book is also painfully repetitive - it almost felt through the first 50 pages like sitting in a plane circling on the runway without taking off for a long time. It finally did take off but even as the book progressed, very often it was coming back to the same ideas over and over again.

I will take something away with me from the book though - next time I do wardrobe tidying-up I will apply the rule 'Would I buy it today? No? Get rid of! :)'

Francesca Ricci Phillips says

The title is great and you want to like the book. But I couldn't get past the bad writing, vague terms, and odd analogies. The author seems like a nice person with great experience but it was really hard to connect with what she was saying. It felt like one of those books written by someone who thinks they can write with no research or real experience in what they're writing. The last page is the best where it talks about batching and delegating tasks.

Nancy says

3.5 stars. There is a lot of good information/advice here, but the author contradicts herself at times and is a tad repetitive. Also, I thought it was completely unnecessary and irrelevant for her to throw in the statement: "Nothing in life is black or white, completely right or completely wrong". Really? I beg to differ. I guess she just wanted to say that so we know how she feels? Odd. She also mentions several other books which go into more detail on some of the topics she mentions, for further reading. Which is nice, because I don't have enough books to read already. :-/

Alexandria says

When I jot down tons of notes from a book, it's an indication of a great book. Shaa Wasmund points out the exact reason why people are doing too much: they have their priorities on the wrong things. Once that's sorted out, everything changes for the better.

If you're looking forward to straightening out your productivity methods, read this book!

Patrice Miller says

One of the best motivational best I've ever read. I will be reading this again and completing the activities. I feel inspired and motivated and have already made some changes. I've also invested in some of the resources. Absolutely loved it!

David Wang-Faulkner says

Normally I'm very "meh" about self-help books — I read to be informed. But I picked this up at a friend's house, read it for about 15 minutes, and immediately resolved to buy my one copy and ultimately devoured it. Lots of high quality content, no BS.
