



Less Doing, More Living: Make Everything in Life Easier

Ari Meisel

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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*.

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