



Summary : The Power of Less - Leo Babauta: The Fine Art of Limiting Yourself to the Essential . . . in Business and in Life

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Complete summary of Leo Babauta's book: "The Power of Less": The Fine Art of Limiting Yourself to the Essential...in Business and in Life".

This summary of the ideas from Leo Babauta's book "The Power of Less" shows that people face two major problems in modern life: information overload and task overload. In his book, the author explains that the solution lies in setting limits and making the choice to do the right thing rather than the easiest thing. In other words, we need to simplify our lives and focus on what is most productive. By following Babauta's advice, you can find out how to simplify your tasks and get more done.

Added-value of this summary:

- Save time
- Understand the key principles
- Increase your productivity

To learn more, read "The Power of Less" and find out how you can start getting more done by doing less work and finally accomplish your goals.

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