



# Summary: Essentialism: by Greg McKeown | The Disciplined Pursuit of Less

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This **chapter-by-chapter summary** of *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown provides you with all the main concepts from this great book in the shortest amount of time with the exact information and strategies you need.

## Excerpt From the Book Description *Essentialism* by Greg McKeown

“The Way of the Essentialist isn't about getting more done in less time. It's about getting only the right things done. It is not a time management strategy, or a productivity technique. It is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution towards the things that really matter.

By forcing us to apply a more selective criteria for what is Essential, the disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy - instead of giving others the implicit permission to choose for us.

Essentialism is not one more thing - it's a whole new way of doing everything. A must-read for any leader, manager, or individual who wants to learn how to do less, but better, in every area of their lives, Essentialism is a movement whose time has come.”

## Here is a Preview of What You'll Learn in this Summary of *Essentialism*

- The Essentialist
- Essence: What is the core mind-set of an Essentialist?
- Explore: How can we discern the trivial many from the vital few?
- Eliminate: How can we cut out the trivial many?
- Execute: How can we make doing the vital few things almost effortless?
- My Congratulations to You!

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