



# **The Power of Doing Less: Why Time Management Courses Don't Work And How To Spend Your Precious Life On The Things That Really Matter**

*Fergus O'Connell*

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**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.

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