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Less Doing, More Living: Make Everything In Life Easier

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Less Doing, More Living

Make Everything in Life Easier

Ari Meisel

"Ari Meisel's philosophy in *Less Doing, More Living* is a true gem—simple, fun, and technologically up-to-date for the twenty-first century."

—David Bach, #1 *New York Times*-bestselling author of *The Automatic Millionaire* and *Start Late, Finish Rich*
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Synopsis

"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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Customer Reviews

I read the book in a couple of days and I was seriously surprised by the fact that all this book is about is how the author uses different tools to work less or to "automate" his life. There was no actual structure let alone plan to help the reader achieve the goal of working less or doing less - just a lot of recommendations and bla bla bla on why this app or that service is so cool. As apps and

services change all the time this book may become obsolete within a few months. When reading I felt like I was reading a personal blog or a diary talking about the things that work specifically for the author for his life and what he does and not with the reader in mind. I also didn't like the fact that the book was written specifically for people in the United States so people overseas won't benefit from the different tips in the book.

I have struggled with this tiny book for over a week, trying to make some sense of it, but it is totally useless. I haven't made it past page 47, Fundamental 2, but it's a teeny-tiny book--115 pages, many of which are blank or whole-page chapter headings. The first 47 pages are filled with references to apps that you should download and learn and use, (and you know the apps will be gone and outdated by the time you go to download them!!) so you can stop having to - what? have appointments? open your own mail? work on spreadsheets? I will be kind and say the book is useless to me. Since I am in finance, human resources and administration, what this guy is talking about is that people should stop doing administration and get someone else to do that--a circle argument if I ever saw one. What will he do when his virtual assistants get their own virtual assistants and stop helping him? Even more important is his advice to delegate out tasks that should never be handled by anyone other than one's self! Can you imagine having a virtual assistant return your phone calls? "This is the IT department calling you back about the problem you were having with your printer." The virtual assistant in India calls back and says, "Oh, was there a problem with the printer?" and calls you: "Is there a problem with your printer?" and so on. It just didn't resonate with me. I didn't connect with anything he was talking about. Here's a quote from beyond page 47--he tells us we should set our own work week, and that his "work week" is Tuesday and Wednesday, ten a.m. to four p.m. "It's not that I only work two days a week. I'm working all the time, and I love what I do. I sometimes work seven days a week. I work late at night, any time--if what I'm doing is interesting, it doesn't matter." He natters on like that for several pages, but it just never connects. All in all, it wasted my time and money.

This is a cool book. It has a lot of useful tricks about simplifying yourself so that you can spend your free time on the activities that mean the most to you. That said, much of its information - like with respect to how much the internet-suits that the author likes so much costs is wrong. I get the sense that he wrote the book over an extended period of time, and didn't go back to update information. Then again, when you're dealing with the internet, things move so fast that it's somewhat understandable.

Ari's book goes into detail about how he fought off Crohn's disease and reduced stress in his life by optimizing, organizing, outsourcing many of his mundane day to day tasks. He gives tips on how to get smart cost effective help from people like virtual assistants, low cost task rabbits, and cutting edge applications such as IFTTT. We often romanticize the artist or craftsman who does everything for himself, but in reality even the craftsman can benefit from the productivity, organization and optimization that Ari provides in this book. Ari gives tips for the creative artisan who wants to spend more time doing what he loves, or just wants to spend more time with family and friends. *Less Doing, More Living* takes the powerful idea of specialization to the next level and helps you get your smartphone, cloud computing, or a virtual assistant to do your mundane tasks so you can focus on what's important. I was surprised by many of the suggestions in the book, simply because I haven't even heard of many them yet. Many of Ari's suggestions are free online services that help you stay organized and save money, while cutting back on the clutter. This book is a quick and easy read. If you are looking for an alternative approach to productivity, something other than just -- get more motivated, or try harder -- than I would suggest you give *Less Doing, More Living* a read.

This is a quick read, and has the feel of a compilation of blog posts. It feels a little like *The Four Hour Work Week-Lite*, and Meisel does in fact mention Timothy Ferriss' book. Many of the recommendations include the use of apps or other software that seem at first glance like they would be more of a pain to start using than they're worth, but that may be a prejudice on my part. Overall, *Less Doing, More Living* has a lot of tips that readers might find useful.

This is a quick and insightful book on thoughtful prioritization. The author has a concise style and offers plenty of links. It is a "smorgasbord of ideas" but like any good buffet you don't need to over indulge! Plenty of tasty ideas. I recommend this book.

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