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-II**Webinar: The Power of Less Power of Less
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“The Power of Less is perfect for achieving goals: Limit yourself to fewer goals, and you’ll achieve more. At the same time, we’ll look at ways to narrow your focus on your projects, so that you can complete them more effectively and move forward on your goals.

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With The Power of Less, you will be able to start a complete shift from wanting everything to needing nothing, be able to live your life simply without compromise, and discover that though we cannot have everything we want, we can obtain anything we will ever need. With this book, you will find how to go through life not carefully, but carefreely.

The Power of Less: The Fine Art of Limiting

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Yourself to ...

The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better.

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In brief, The Power of Less is a treatise on the small steps (see my blog post on the Kaizen way) we can take to simplify our lives and in the doing find far more joy and success than all of our manic behavior could produce. The book begins with Leo's own story of being an debt, overweight, smoking, workaholic who rarely saw his family.

**The Power of Less: The Fine Art of... book by
Leo Babauta**

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The Power of Less demonstrates how you can streamline your life by eliminating the unnecessary - freeing up space from everyday clutter to achieve your goals and find happiness in a more minimalist existence. You'll learn how to: choose what is essential and clear out the rest make better use of the

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end, greater personal performance and achievement. If you've spent hours developing your mission and moving big rocks around and still find yourself unsatisfied, give Babauta's ideas a try.

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- Focus on only a few tasks at a time
- Create new and productive habits
- Hone your focus
- Increase your efficiency

By setting limits for yourself and making the most of the

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resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

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"The Power of Less is perfect for achieving goals: Limit yourself to fewer goals, and you'll achieve more. At the same time, we'll look at ways to narrow your focus on your projects, so that you can complete them more effectively and move forward on your goals. We'll apply limitations to our projects to increase our effectiveness."

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The Power Of Less Quotes by Leo Babauta - Goodreads

Biographie de l'auteur Leo Babauta has fought the hard way to discover the power of less: overweight and under pressure, he battled through large debts, bad habits and an intolerable worklife to become a happy father and the author of the top ten blog Zen Habits. He lives in the USA with his family.

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1993: When he was self-aware. A 1993

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