



# Essentialism: The Disciplined Pursuit of Less by Greg Mckeown | Key Insights & Summary

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PLEASE READ: This is a summary and analysis of the book and NOT the original book.

Essentialism by Greg McKeown - Key Takeaways & Analysis

Description:

Essentialism: The Disciplined Pursuit of Less by Greg McKeown outlines the steps that we can take to leverage minimalism to achieve our goals in an increasingly noisy and demanding world. We must be disciplined and strategic in order to ensure that the habits we form reinforce only activities that are essential to our goals and identified purpose in life. By embracing the behaviors of an 'Essentialist' and curtailing those of our inner 'Non-Essentialist' we can achieve our goals with comparative ease, even as the world around us becomes increasingly complex.

Naked Knowledge strips Essentialism down to give you:

- \* Why It Matters
- \* Summarized Key Points
- \* Analysis
- \* One-Page Lightning Summary

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