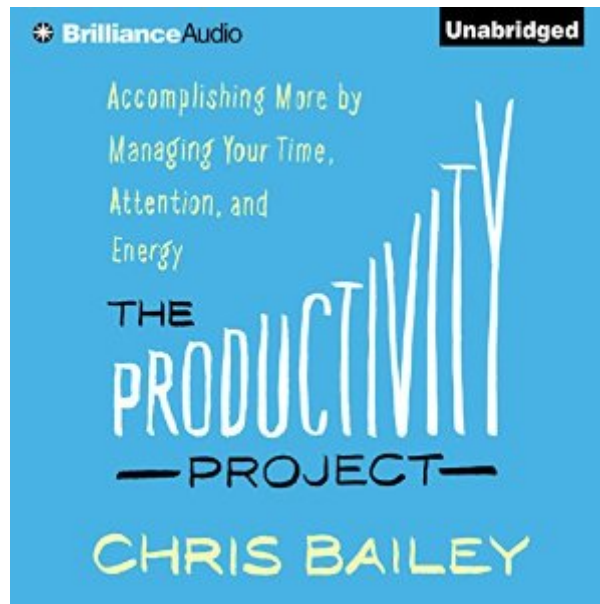# The Productivity Project: Accomplishing More By Managing Your Time, Attention, And Energy

Synopsis

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream - to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months - all the while monitoring the impact of his experiments on the quality and quantity of his work. The Productivity Project - and the lessons Chris learned - are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you: Slowing down to work more deliberately; shrinking or eliminating the unimportant; the rule of three; striving for imperfection; scheduling less time for important tasks; the 20 second rule to distract yourself from the inevitable distractions; and the concept of productive procrastination. In an eye-opening and thoroughly engaging listen, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

Book Information

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Customer Reviews

Quick Summary: If you are going to choose only one book to improve your productivity pick this one. It implements brand new advice along with tactics from other famous productivity experts. It is a easily digestible and Chris has given you physical actions you can actually take to implement the tactics in each chapter. It is hands down the best productivity resource I have read. The author is to be applauded for his use of scientific evidence along with his anecdotal evidence. As he presents the advice he also tells you his own journey through his experiments which helps make the advice be practical and relatable. I truly believe if you use even just a fraction of the advice in this book, you will not only become more productive, you will become a happier and healthier person.Longer Summary:If you have been itching to improve not only your productivity but your life pick up this book.If you have been reading productivity tactics for years, still pick up this book.Chris Bailey has written what may be the most useful and actionable book about productivity to date.The author has spent a great deal of time sorting through the mass amount of productivity hacks, systems and advice. He then distilled the most useful information into this book. He also takes his very unique experiment and tells you actual ways you can improve your productivity.What I find most amazing in this book is how Chris has taken both age old and brand new advice, and made it easily accessible and actionable. He has included actual physical actions you can take to implement these tactics.

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