



## Achieve More by Pursuing Less (Paperback)

By MR Jason Scott

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Achieve More by Pursuing Less: How to Manage Distractions and Stay Focused to Achieve Your Goals Feeling overwhelmed and can't seem to achieve your important goals? We are drowning in information, products, and societal and familial expectations that are increasing over time. No wonder most of us feel overwhelmed, stressed out, and distracted. We find ourselves living on automatic and in survival mode, working at jobs we don't like, never finding the time to do what we want, and experiencing dissatisfaction, burnout and even depression. Even when you figure out what you want and what your dreams are, you probably find it difficult to focus on your goals. Do you ever read self-improvement books, trying to be happier and healthier, and striving to improve your time management skills? And yet, something is not working. You just don't have enough time, energy and motivation to do it all. How do you stop this cycle? How do you get what you want? How do you start living your life? Hold on. This book will be your definitive guide to taking back your...



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