

The Art Of Less Doing One Entrepreneurs Formula For A Beautiful Life

Niksen is a simple Dutch philosophy for anyone looking to slow down, relax and daydream. Designed to combat our always-on world, it teaches us simple ways to incorporate active rest into our daily lives. Nowadays, doing nothing can feel almost impossible. Overwhelming workloads, social pressures, omnipresent smartphones and family commitments leave you exhausted, frantic and stressed. The Dutch have a simple 'be idle' solution: Niksen shows you how to resist the daily grind, ditch your endless to-do list and reclaim peace of mind. Studies show that you get more done when you work less. So find out when, why and how to niks for a happier, healthier and more productive you. Annette Lavrijsen offers can-do advice and easy exercises to get you started. Using this liberating book to cultivate nixen you can: Find new ways to relax, slow down and combat burnout Bust I'm-too-busy, nothingness-is-laziness myths Honestly communicate boundaries and reset your priorities Create a recuperative zen sanctuary that's all yours Master the work-life balance Boost your creativity, mood and even productivity Raise a happy family and be a better friend With some sensible scheduling and a smart

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mindset nixen is easy to fit into your day, and soon will become your essential daily pick-me-up. To stop is to succeed so start enjoying life's little pauses, claim your timeout and turn to this witty guide whenever you want to declutter your mind.

How does anyone get to the top of their field? We all know it takes hard work, dedication, and the occasional dose of luck, but what separates a wannabe from a winner? The Art of Doing brings together an incredible cross-section of individuals who are the at the top of their respective fields, from actor Alec Baldwin to New York Times crossword puzzle editor Will Shortz, to and asks them each one question: how do you succeed at what you do? The advice that they share is illuminating, and occasionally surprising, providing their top ten strategies on how to achieve greatness in a variety of ways. From the practical ("How to Open a Restaurant and Stay in Business," by restaurateur David Chang) to the zany ("How to Live Life on the High Wire," by infamous World Trade Center tightrope walker Philippe Petit), each interview is a testament to the knowledge and experiences that these risk-taking, barrier-breaking individuals have used to achieve their own success. With its diverse perspectives and variety of opinions about how to be the best in any field, this book will shape readers' views of success and inspire them to carve out their own niche.

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For anyone who's ever heard a motivational speech and immediately vomited, a guide to ignoring society's obsession with success Sit around, leave sh*t all over the place, drink, forget about deadlines . . . being lazy is pretty easy. The real art in being chill is when someone without any real ambition can fly under the radar, and live unscathed by the never-ending reams of self-help and inspiration rained upon anyone who just wants to watch Netflix. The magical place where doing what comes naturally keeps the do-ers at arm's length. Rather than doing less, do just enough. So screw TED Talks, Instagram images of a beach that say "Fail Better" in gold cursive, marathon training, tips for keeping plants alive, and all self-aggrandizing social media. Ninety-nine percent of people on this planet are just pretty average. We're doing our thing. Trying to get out of bed in the morning. Hey, are you awake right now? Reading a sentence? You know what? That's success in my book. Being a person is hard enough without all the pressure to be good at it. Instant New York Times Bestseller "Inspiration leaps off the pages from Jerry Saltz's new book on creativity. . . . This book is for the artist or non-artist, for the person who gets plain English, for the person who understands that practical talk can coax out the mystical messages that lie underneath." —Steve Martin Art has the power to change our lives. For many, becoming an artist is a lifelong dream. But

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how to make it happen? In *How to Be an Artist*, Jerry Saltz, one of the art world's most celebrated and passionate voices, offers an indispensable handbook for creative people of all kinds. From the first sparks of inspiration—and how to pursue them without giving in to self-doubt—Saltz offers invaluable insight into what really matters to emerging artists: originality, persistence, a balance between knowledge and intuition, and that most precious of qualities, self-belief. Brimming with rules, prompts, and practical tips, *How to Be an Artist* gives artists new ways to break through creative blocks, get the most from materials, navigate career challenges, and above all find joy in the work. Teeming with full-color artwork from visionaries ancient and modern, this beautiful and useful book will help artists of all kinds—painters, photographers, writers, performers—realize their dreams.

**** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library** "A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto."—Jonah Engel Bromwich, *The New York Times Book Review* One of President Barack Obama's "Favorite Books of 2019"
Porchlight's Personal Development & Human

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Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, *How to do Nothing* is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

#1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo: the original guide to decluttering your home once and for all.* **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE—CNN** Despite constant efforts to

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declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

An edition expanded with more than 100 pages of new content offers a blueprint for a better life, whether one's dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management or just living more and working less.

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are

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necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

“The best thing about nixsen is the absence of a goal. It doesn’t serve a purpose, but it’s wonderful.” Don’t you think it’s time for a break? Plagued—as we are!—by nonstop pings and notifications, we have lost the knack of zoning out. Kicking back. Slacking off. Even when pandemic-induced lockdowns forcibly cleared our calendars, many who thought I’m free! filled their days with Netflix and doomscrolling. How can we reclaim our free time (planned or not) to truly rest and reset? The Dutch have it figured out: with nixsen. Perhaps their best-kept lifestyle secret, nixsen is the art of doing, well, nothing. It’s the opposite of productivity, and it’s incredibly good for your . . . MIND—it makes you calmer. BODY—it offers rest on hectic days. CREATIVITY—it clears a space for brilliant ideas. WALLET—it’s free! If you’re waiting for an invitation to go lie down in the sunshine, this book is it.

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Andrew Smart wants you to sit and do nothing much more often – and he has the science to explain why. At every turn we're pushed to do more, faster and more efficiently: that drumbeat resounds throughout our wage-slave society. Multitasking is not only a virtue, it's a necessity. Books such as *Getting Things Done*, *The One Minute Manager*, and *The 7 Habits of Highly Effective People* regularly top the bestseller lists, and have spawned a considerable industry. But Andrew Smart argues that slackers may have the last laugh. The latest neuroscience shows that the “culture of effectiveness” is not only ineffective, it can be harmful to your well-being. He makes a compelling case – backed by science – that filling life with activity at work and at home actually hurts your brain. A survivor of corporate-mandated “Six Sigma” training to improve efficiency, Smart has channeled a self-described “loathing” of the time-management industry into a witty, informative and wide-ranging book that draws on the most recent research into brain power. Use it to explain to bosses, family, and friends why you need to relax – right now.

Born out of the popular blog *Kale & Caramel*, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. “Lily’s deep connection to nature is beautifully woven throughout this personal collection of recipes,” says award-winning vegetarian chef Amy

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Chaplin. Each chapter celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book “a gift, articulated through a poetic voice, original and bold.” The recipes tell a coming-of-age story through Lily’s kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother’s death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round. Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by

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type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. The Art of Seduction is an indispensable primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling author of *The 48 Laws of Power*, *Mastery*, and *The 33 Strategies Of War*.

President Donald J. Trump lays out his professional and personal worldview in this classic work—a firsthand account of the rise of America's foremost deal-maker. "I like thinking big. I always have. To me it's very simple: If you're going to be thinking anyway, you might as well think big."—Donald J. Trump Here is Trump in action—how he runs his organization and how he runs his life—as he meets the people he needs to meet, chats with family and friends, clashes with enemies, and challenges conventional thinking. But even a maverick plays by rules, and Trump has formulated time-tested guidelines for success. He isolates the common elements in his greatest accomplishments; he shatters myths; he names names, spells out the zeros, and fully reveals the deal-maker's art. And throughout, Trump talks—really talks—about how he does it. *Trump: The Art of the Deal* is an unguarded look at the mind of a brilliant entrepreneur—the ultimate read for anyone interested in the man behind the spotlight. Praise for *Trump: The Art of the Deal* "Trump makes one believe for a moment in the American dream again."—*The New York Times* "Donald Trump is a deal maker. He is a deal maker the way lions are carnivores and water is wet."—*Chicago*

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Tribune “Fascinating . . . wholly absorbing . . . conveys Trump’s larger-than-life demeanor so vibrantly that the reader’s attention is instantly and fully claimed.”—Boston Herald “A chatty, generous, chutzpa-filled autobiography.”—New York Post

So many people today are struggling with the increasing pace of change and the constant and excessive busyness that comes with it. Many feel stretched, overwhelmed and exhausted, besieged by the demands of complex projects and workplaces. They are engaged in a kind of "doing" that is more effort and struggle, rather than a "doing" that comes from a place of presence, openness and aliveness. This is not only ineffective and unsustainable, but ultimately ends in stress, anxiety and burnout. This book, by the authors of the award-winning Not Knowing (Best Management Book of the Year), explores the limits and dangers of "doing"; how do they play out in our lives and workplaces; what is driving, or contributing, to our excessive activity; and what would a different kind of "doing" look like, that is less about control and struggle and more about well-being, harmony and creativity.

‘Because you’re worth it’, proclaims the classic cosmetics ad. ‘Just do it!’ implores the global sports retailer. Everywhere we turn, we are constantly encouraged to experience as much as possible, for as long as possible, in as many ways as possible. FOMO – Fear of Missing Out – has become a central preoccupation in a world fixated on the never-ending pursuit of gratification and self-fulfilment. But this pursuit can become a treadmill leading nowhere. How can we

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break out of it? In this refreshing book, bestselling Danish philosopher and psychologist Svend Brinkmann reveals the many virtues of missing out on the constant choices and temptations that dominate our experience-obsessed consumer society. By cultivating self-restraint and celebrating moderation we can develop a more fulfilling way of living that enriches ourselves and our fellow humans and protects the planet we all share – in short, we can discover the joy of missing out.

Ari Meisel and Nick Sonnenberg recently launched a profitable Virtual Assistant (VA) business in just one day - challenging the startup mentality that every new venture requires months of planning and a large investment of capital. Their VA business was born from scribbled notes on a cocktail napkin during dinner and was an up-and-running less than 24 hours later. By following their 3 step process: Optimize, Automate, Outsource, they leveraged free, readily available digital tools and apps with no outlay of cash whatsoever. Meisel and Sonnenberg reveal tactics for building a scalable business in today's world. This fascinating and informative book chronicles their first year in business together. An essential read for any entrepreneur. It follows their journey from idea to execution, detailing a bold new approach to 21st century business based on a fearless ingenuity and a willingness to rewrite the rules. #1 New York Times Bestseller Over 1 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've

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been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The *Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead

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contented, grounded lives.

How to turn personal passion into an organization with impact For anyone setting out to change the world, launching a nonprofit venture can be a powerful way to enact change. Whether bringing donated eyeglasses to children who have never seen clearly, revamping inner city schools, or bringing solar cookers to refugee camps, the act of doing good can be life-changing. Yet starting a nonprofit?and running it well?can also pose challenges.

The Art of Doing Good is an essential companion for anyone looking to start an organization that makes a real difference. Drawing from their own leadership roles in the nonprofit world, as well as interviews with 18 celebrated social innovators, the authors prepare would-be social entrepreneurs with guidance and real-world advice for sustaining the spirit, ambition, and ingenuity to keep their vision alive and thriving. Features real-life stories of 18 notable social entrepreneurs and the organizations they run, including Geoffrey Canada (Harlem Children's Zone), Darell Hammond (KaBOOM!), and Michael Brown (City Year) Reveals what particular issues nonprofit leaders can expect to face throughout the lifespan of their organization and shares strategies for meeting challenges

Written by world-renowned philanthropists Bronfman and Solomon, respectively cofounder and CEO of the Andrea and Charles Bronfman

Philanthropies and coauthors of The Art of Giving With thoughtful and comprehensive insight on how the most effective social ventures do good well, The Art of Doing Good is essential reading for both new and experienced nonprofit leaders.

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A pep talk in your pocket This short, small, highly illustrated book will fill you to the brim with happiness, positivity, wellbeing and, most importantly, success! Andy Cope and Andy Whittaker are experts in the art of happiness and positive psychology and *The Art of Being Brilliant* is crammed full of good advice, instructive case studies, inspiring quotes, some funny stuff and important questions to make you think about your work, relationships and life. You see being brilliant, successful and happy isn't about dramatic change, it's about finding out what really works for you and doing more of it! The authors lay down their six common-sense principles that will ensure you focus on what you're good at and become super brilliant both at work and at home. A richly illustrated, 2 colour, small book full of humour, inspiring quotes and solid advice A great read with a serious underlying message – how to foster positivity and bring about success in every aspect of your life Outlines six common-sense principles that will help you ensure you are the best you can be

A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning “death” and *städning* meaning “cleaning.” This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to

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embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

At the peak of his career and success, Ari Meisel nearly killed himself from exhaustion and overwork. He had to make a choice: he could let his "success" destroy him physically and mentally, or he could find a better way to live. He spent the next few years redesigning his life from scratch. Ultimately he found the way to reduce his workload by 80%, while actually increasing results and success. Furthermore, he could spend time on what matters most: his family. "This book describes his method. " Using Meisel's revolutionary Optimize, Automate, Outsource approach, you will learn how to take almost anything you do and make it work smarter, instead of harder. Modern methods like the 80/20 rule, the 3 D's, and multi-platform repurposing let you build a high-powered, traditional-style "success factory" that only requires one employee to run. Less work, more results, more happiness.

"Have you ever found yourself stretched too thin? Do

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you simultaneously feel overworked and underutilized? Are you often busy but not productive? Do you feel your time is constantly being hijacked by other people's agendas? If you answered yes to any of these questions, the way out is the way of the Essentialist. Essentialism isn't about getting more done in less time. It's about getting only the right things done. Only once we discern what is absolutely essential and eliminate everything else can we make our highest possible contribution toward things that truly matter. By forcing us to apply more selective criteria for where to spend our precious time and energy, the disciplined pursuit of less empowers us to reclaim control of our own choices, instead of giving others the implicit permission to choose for us. Essentialism is not one more thing to do. It's a whole new way of doing less, but better, in every area of our lives"--Back cover.

An inspiring entrepreneur and philanthropist describes his do-it-yourself-style inventions, which have included a prosthetic hand made on a 3D printer for a boy in the Sudan and a tracking device that turns eye movements into an onscreen cursor. 50,000 first printing

From social psychologist Dr. Devon Price, a fascinating and thorough examination of what they call the “laziness lie”—which falsely tells us we are not working or learning hard enough—filled with practical and accessible advice for overcoming society’s pressure to “do more.” Extra-curricular activities. Honors classes. 60-hour work weeks. Side hustles. Like many Americans, Dr. Devon Price believed that productivity was the best way to measure self-worth. Price was an overachiever from the

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start, graduating from both college and graduate school early, but that success came at a cost. After Price was diagnosed with a severe case of anemia and heart complications from overexertion, they were forced to examine the darker side of all this productivity. Laziness Does Not Exist explores the psychological underpinnings of the “laziness lie,” including its origins from the Puritans and how it has continued to proliferate as digital work tools have blurred the boundaries between work and life. Using in-depth research, Price explains that people today do far more work than nearly any other humans in history yet most of us often still feel we are not doing enough. Dr. Price offers science-based reassurances that productivity does not determine a person’s worth and suggests that the solution to problems of overwork and stress lie in resisting the pressure to do more and instead learn to embrace doing enough. Featuring interviews with researchers, consultants, and experiences from real people drowning in too much work, Laziness Does Not Exist encourages us to let go of guilt and become more attuned to our own limitations and needs and resist the pressure to meet outdated societal expectations.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor’s unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN “McConaughey’s book invites us to grapple with the lessons of his life as he

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did—and to see that the point was never to win, but to understand.”—Mark Manson, author of *The Subtle Art of Not Giving a F*ck* I’ve been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life’s challenges—how to get relative with the inevitable—you can enjoy a state of success I call “catching greenlights.” So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it’s medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot’s license, going to church without having to be born again, and laughing through the tears. It’s a love letter. To life. It’s also a

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guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

A "entertaining and enlightening" deep dive into the alcohol-soaked origins of civilization—and the evolutionary roots of humanity's appetite for intoxication. (Daniel E. Lieberman, author of *Exercised*) While plenty of entertaining books have been written about the history of alcohol and other intoxicants, none have offered a comprehensive, convincing answer to the basic question of why humans want to get high in the first place. *Drunk* elegantly cuts through the tangle of urban legends and anecdotal impressions that surround our notions of intoxication to provide the first rigorous, scientifically-grounded explanation for our love of alcohol. Drawing on evidence from archaeology, history, cognitive neuroscience, psychopharmacology, social psychology, literature, and genetics, Slingerland shows that our taste for chemical intoxicants is not an evolutionary mistake, as we are so often told. In fact, intoxication helps solve a number of distinctively human challenges: enhancing creativity, alleviating stress, building trust, and pulling off the miracle of getting fiercely tribal primates to cooperate with strangers. Our desire to get drunk, along with the individual and social benefits provided by drunkenness, played a crucial role in sparking the rise of the first large-scale societies. We would not have civilization without intoxication. From marauding Vikings and bacchanalian orgies to sex-starved fruit flies, blind cave fish, and problem-solving crows, *Drunk* is packed with fascinating case studies and engaging science, as well as practical

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takeaways for individuals and communities. The result is a captivating and long overdue investigation into humanity's oldest indulgence—one that explains not only why we want to get drunk, but also how it might actually be good for us to tie one on now and then.

Are you an entrepreneur mystified as to how to scale your business? Do you realize the solution is to make yourself replaceable? Does that question bring up any resistance? Well, then you are ready to dive into my latest book. "The Replaceable Founder" explores the dynamics of entrepreneurship world and explains how founders can capitalize on emerging trends to optimize, automate, outsource, and create truly sustainable businesses. You'll be relieved to discover how simple and easy it is to relinquish control and cultivate a more productive mindset with this book. I'll give you the tools to confidently optimize, securely automate, and effortlessly outsource the majority of your daily tasks for the greater good of your business. Author Ari Meisel wrote with exceptional articulation and clarity in the book, sharing practical, actionable methods on how entrepreneurs can build next level businesses through his proprietary OA Methodology. This book is a blueprint that will help you eliminate that "I got this" mentality so you can create your own path to professional and financial success, no matter the size of your business. Quite simply, It is filled with "right here, right now" tactics and processes that will show you how to build a better company. This is not a book that tells you a story about how to start a business, it is one of those rare practical guides that has the power to change any entrepreneur's

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life. All Ari asks is that founders get out of their own way. “Makes a provocative case that you should put customers second, close open offices, and ditch performance appraisals.”—Adam Grant, best-selling author of *Originals* “Under New Management is a lively, provocative must-read.”—Whitney Johnson, author of *Disrupt Yourself*. Why accepted management practices don’t work—and how innovative companies are changing the rules Should your employees know each other’s salaries? Is your vacation policy harming productivity? Does your hiring process undermine your team? David Burkus argues that the traditional management playbook is full of outdated, counterproductive practices, and he reveals how the alternative management revolution has already started at companies like Netflix, Zappos, Google, and others. Burkus investigates behind their office doors to show how these companies are reevaluating and reinventing the most basic management principles, like hiring, firing, vacation policy, and even office floor plan, and enhancing their business’s success as a result. “Is your company ready for a radical departure from twentieth-century management standards? David Burkus has collected the stories of dozens of companies that are standing the old rules on their heads. Even better, Burkus shows how you can do it, too.”—Daniel H. Pink, best-selling author of *Drive* and *To Sell Is Human* ? “If you are going to read one book on being a better manager in the next year, start here. David Burkus has assembled the most practical research and provocative ideas into an incredibly quick read.”—Tom Rath, best-selling author of

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StrengthsFinder 2.0

On Productivity is the collective wisdom of thought leader, Ari Meisel. Arguably the most efficient man alive, Ari has been obsessed with productivity for decades. On Productivity is the culmination of his pursuit for focus, freedom, and flexibility--the goal of any entrepreneur, business owner, or C-Suite executive looking to scale. Until now, Ari's proprietary methodologies on optimal efficiency have only been delivered through online courses, large venue speaking engagements, and an elite, private coaching program. He's taught legendary entrepreneurs, founders, US Military leadership, and celebrities how to harness technology while preserving one's humanity. Now his secrets are revealed for the first time in On Productivity - the essential guide to working on your business, not in it.

The book Lifehack calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—Fast Company Since it was first published almost fifteen years ago, David Allen's Getting Things Done has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of

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Getting Things Done will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung

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building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air-and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Exploring the fundamental principles of his "Less Doing" philosophy, a TEDx speaker, efficiency consultant and achievement architect gives readers the essential tools and techniques for streamlining their workload, being more efficient in their day-to-day activities and making everything in life easier. Original.

The Art of Less Doing: One Entrepreneur's Formula for a Beautiful LifeLioncrest Publishing

The Dutch people are some of the happiest in the world. Their secret? They are masters of niksens, or the art of doing nothing. Niksens is not a form of meditation, nor is it a state of laziness or boredom. It's not scrolling through social media, or wondering what you're going to cook for dinner. Rather, to niksens is to make a conscious choice to sit back, let go, and do nothing at all. With this book, learn how to do nothing in the most important areas of your life, such as: AT HOME: Find a comfy nook and sit. No technology or other distractions. AT WORK: Stare at

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your computer. Take in the view from your office. Close your eyes. IN PUBLIC: Forget waiting for the bus, enjoy some relaxing nixsen time. Backed with advice from the world's leading experts on happiness and productivity, this book examines the underlying science behind nixsen and how doing less can often yield so much more. Perfect for anyone who feels overwhelmed, burnt out, or exhausted, NIKSEN does not tell you to work harder. Instead, it shows you how to take a break from all the busyness while giving you sincere, heartfelt permission to do nothing.

A dazzlingly original and ambitious book on the history of female self-portraiture by one of today's most well-respected art critics. Her story weaves in and out of time and place. She's Frida Kahlo, Loïs Mailou Jones and Amrita Sher-Gil en route to Mexico City, Paris or Bombay. She's Suzanne Valadon and Gwen John, craving city lights, the sea and solitude; she's Artemisia Gentileschi striding through the streets of Naples and Paula Modersohn-Becker in Worpswede. She's haunting museums in her paint-stained dress, scrutinising how El Greco or Titian or Van Dyck or Cézanne solved the problems that she too is facing. She's railing against her corsets, her chaperones, her husband and her brothers; she's hammering on doors, dreaming in her bedroom, working day and night in her studio. Despite the immense hurdles that have been placed in her way,

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she sits at her easel, picks up a mirror and paints a self-portrait because, as a subject, she is always available. Until the twentieth century, art history was, in the main, written by white men who tended to write about other white men. The idea that women in the West have always made art was rarely cited as a possibility. Yet they have - and, of course, continue to do so - often against tremendous odds, from laws and religion to the pressures of family and public disapproval. In *The Mirror and the Palette*, Jennifer Higgin introduces us to a cross-section of women artists who embody the fact that there is more than one way to understand our planet, more than one way to live in it and more than one way to make art about it. Spanning 500 years, biography and cultural history intertwine in a narrative packed with tales of rebellion, adventure, revolution, travel and tragedy enacted by women who turned their back on convention and lived lives of great resilience, creativity and bravery.

Highly effective thinking is an art that engineers and scientists can be taught to develop. By presenting actual experiences and analyzing them as they are described, the author conveys the developmental thought processes employed and shows a style of thinking that leads to successful results is something that can be learned. Along with spectacular successes, the author also conveys how failures contributed to shaping the thought processes.

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Provides the reader with a style of thinking that will enhance a person's ability to function as a problem-solver of complex technical issues. Consists of a collection of stories about the author's participation in significant discoveries, relating how those discoveries came about and, most importantly, provides analysis about the thought processes and reasoning that took place as the author and his associates progressed through engineering problems.

This is the #1 secret to living your best life, and it's the easiest thing you'll ever do? Are you fighting for the 'good life', trying to break free from the rat race and push yourself into something more? You're not alone. Actually, this is a life that nearly every single one of us is after, and yet in some ironic twist of fate, everybody has themselves convinced that to get there, you must work yourself to the bone. And when you're done, work some more. Does your work week often turn into something that is 60+ hours of determined focus? Do you barely have time to eat, let alone sleep, and constantly feel rushed from one task to the next? Right, and although this is a common way of thinking, the truth is that it's just flat out wrong. Creating specific and intentional time for relaxation in your life is hands down the healthiest thing you could do for yourself. Time spent doing literally nothing is the most overlooked aspect of health there is, and it's costing you your life. In The

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Art of Doing Nothing, you'll discover: How to get more done and be more efficient by utilizing nothing The #1 secret to effortless action passed down from an ancient Chinese scroll Why the most revolutionary thing you could do today is to literally do nothing at all How I turned an 80 hour workweek and \$40k debt into having more time, productivity, and happiness How to free yourself of guilt and your self worth being attached to productivity How to simplify your life down to the essential using intentionalism Groundbreaking insight into the science of play and why you need it in your life Expert-approved hacks to prevent burnout from ever coming back? and so much more. Be intentional about it, specifically plan time in each day for nothing at all, and watch your productivity and mindset skyrocket. With the right tools and techniques, you can shift your daily practices in just minutes a day and save yourself years of exhaustion, anxiety, and possibly even depression.

For those who believe that there must be a more agile and efficient way for people to get things done, here is a brilliantly discursive, thought-provoking book about the leadership and management process that is changing the way we live. In the future, historians may look back on human progress and draw a sharp line designating “before Scrum” and “after Scrum.” Scrum is that ground-breaking. It already drives most of the world’s top technology

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companies. And now it's starting to spread to every domain where leaders wrestle with complex projects. If you've ever been startled by how fast the world is changing, Scrum is one of the reasons why.

Productivity gains of as much as 1200% have been recorded, and there's no more lucid – or compelling – explainer of Scrum and its bright promise than Jeff Sutherland, the man who put together the first Scrum team more than twenty years ago. The thorny problem Jeff began tackling back then boils down to this: people are spectacularly bad at doing things with agility and efficiency. Best laid plans go up in smoke. Teams often work at cross purposes to each other. And when the pressure rises, unhappiness soars. Drawing on his experience as a West Point-educated fighter pilot, biometrics expert, early innovator of ATM technology, and V.P. of engineering or CTO at eleven different technology companies, Jeff began challenging those dysfunctional realities, looking for solutions that would have global impact. In this book you'll journey to Scrum's front lines where Jeff's system of deep accountability, team interaction, and constant iterative improvement is, among other feats, bringing the FBI into the 21st century, perfecting the design of an affordable 140 mile per hour/100 mile per gallon car, helping NPR report fast-moving action in the Middle East, changing the way pharmacists interact with patients, reducing poverty in the Third World,

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and even helping people plan their weddings and accomplish weekend chores. Woven with insights from martial arts, judicial decision making, advanced aerial combat, robotics, and many other disciplines, Scrum is consistently riveting. But the most important reason to read this book is that it may just help you achieve what others consider unachievable – whether it be inventing a trailblazing technology, devising a new system of education, pioneering a way to feed the hungry, or, closer to home, a building a foundation for your family to thrive and prosper.

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that

