

# “Essentialism: The Disciplined Pursuit of Less”

Essentialism is a 2014 book by Greg McKeown that describes how to get only the right things done. This book is not about a time management strategy, or a technique for productivity, or about multitasking – it really talks about the concept of less is more. McKeown describes a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not. This allows the reader to make the highest possible contribution towards the things that really matter to him/her.

