



Essentialism: The Disciplined Pursuit of Less by Greg McKeown: A Summary and Analysis

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Your Quick and Simple Summary and Analysis of *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown

Inside, you'll find:

- An introduction to McKeown's main concepts
- A five-second summary of the entire book
- Time-saving chapter summaries
- Discussion and analysis
- A guide to additional resources, including helpful articles, books, podcasts, printables, videos, and quizzes

About *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown

Essentialism: The Disciplined Pursuit of Less offers a manual on how the reader can purposefully focus on the (ultimately) few priorities that really count in his or her life and dispense with the rest. We are all too busy and over-committed, but we continue to say yes to even more projects and deadlines without ever asking ourselves whether those things are essential or even important. In order to live a meaningful life, however, an essentialist must ask these questions before accepting any commitment or responsibility. This book will teach you why and how.

Please note that this summary is NOT the original book and is meant to be read as a supplement to the original.

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