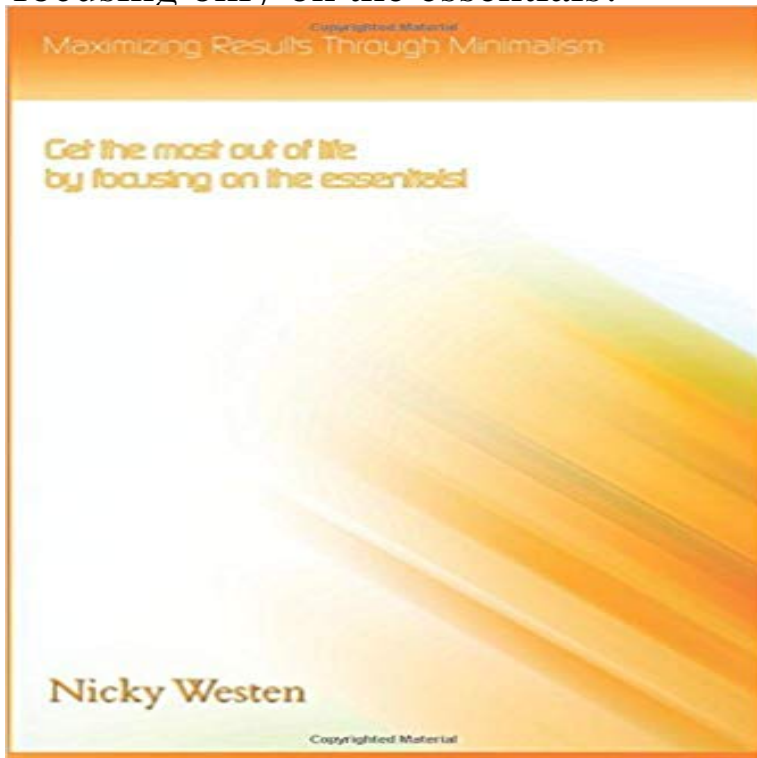


Maximizing Results Through Minimalism: Get the most out of life by focusing only on the essentials!



In this day and age, issues with two fairly distinct issues present themselves as common dilemmas in the accomplishment of any task. Anyone who invests their time into a personal venture, daily tasks or career will run into these time and resource vacuums, thus needing the need to be more, achieve more, with less! This book is going to be exploring just that! How to focus on the high yield activities to get more out of life (or business), while maintaining or possibly even reducing the resources needed to getting more results possible!

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accountability. Tell anyone who will listen about the habit you are focusing on changing. Have an accountability partner to report progress or slips to; be honest at all times! After 30 days, allow yourself to celebrate not only the new habit, but the death of the old one! Start with the Small Stuff and Slowly Go Bigger Slow change is longer lasting because it takes root. Its easier to set a steady focus. Small bites guarantee an easy swallow. One project allows for excitement for the task. Small habit changes are more controllable. Bonus!

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