



Less Doing, More Living

Make Everything in Life Easier

Ari Meisel

"An Meisel's philosophy in *Less Doing, More Living* is a true gem—simple, fun, and technologically up-to-date for the twenty-first century."
—David Bach, #1 New York Times bestselling author of *The Automatic Millionaire* and *Start Late, Finish Rich*

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"Less is more"—or, more specifically, the less you have to do, the more life you have to live. Efficiency expert Ari Meisel details his "Less Doing" philosophy, which will streamline your life, and make everything easier.

In business and our personal lives, it often seems as if the only way to get more done is by putting in more time—more hours at the office, more days running errands. But what if there were a way that we could *do* less, and free up *more* time for the things and people we love? If this sounds like what you need, Ari Meisel—TEDx speaker, efficiency consultant, and achievement architect—has the program for you. In ***Less Doing, More Living***, Meisel explores the fundamental principles of his “Less Doing” philosophy, educating the reader on:

Optimizing workflow with twenty-first-century apps and tools

Creating an “external brain” in the Cloud to do all of your “lower” thinking—like keeping track of appointments, meetings, and ideas

How to use technology to live a paper-free life

The three fundamentals of wellness—fitness, sleep, and nutrition—and technological approaches to improving these areas of life

And so much more!

This book will give readers new tools and techniques for streamlining their workload, being more efficient in their day-to-day activities, and making everything in life *easier*.

Less Doing, More Living: Make Everything in Life Easier Details

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Author : Ari Meisel

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Amanda says

This was a great book and a very quick read. I was given this book because of the author's Crohn's and entrepreneurial background, and dove in instantly. Some of it was a little over the top (--Hiring people to do your grocery shopping?! Not very practical for most people.), but the apps and services talked about, paired with the tips for everyday life were priceless. Definitely recommend.

Yasmin says

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Vicki says

I won this through FirstReads, so even though I'm having a hard time figuring out what I think about this book, I will review it.

My main problem is: who is this for? The target audience is apparently entrepreneurs who are comfortable outsourcing their entire lives over the internet, who have also never heard of Google. A sample chapter is, "You should hire people to do things for you!" and then four pages of reviewing different websites where you can hire people to do things for you. It's not that it's all bad advice (although, some of it is bad advice), it's that there's nothing in here that couldn't be found in a simple search online.

It's written like an infomercial, and I don't think you could ever convince me that he didn't get paid to advertise some of these services. Is it really that big of a timesaver to personalize your vitamins and supplements? I don't think so. Yet it gets half a chapter, complete with website shoutout and "I saved so much money" testimonial.

I feel like this should have been a blog, not a book. And if it was a blog, there are two or three posts I would've sent to a friend or my mom. But his goal seems to be to change people's lives, and he's oblivious to how incredibly specific some of these tips are. Yes, everyone can set up a recurring order of household staples through Amazon (should they, given Amazon's labor issues? That's a more interesting question). No, everyone cannot outsource a big chunk of their job to an online secretary that they hire for an hour a week. I'm an attorney; that would be a violation of privilege.

The short version is: he writes like everyone has (or at the very least, aspires to have) a web-based personal business and/or "brand." And I know that there are a lot of people out there who have that goal, so I understand writing a book for that audience. What I *don't* understand, is having the substance of the book be, essentially, Let Me Google That For You.

Erin says

I enjoyed reading this book because it made me think about my time management and how I could be more productive. (Stop wasting time on email and probably stop wasting time doing these reviews...lol).

However, the book is not for the average person because it suggests outsourcing with virtual assistants, etc. One thing that didn't make sense to me is that the author said to stop wasting your time doing errands or things that can be outsourced, yet he writes he spends all Sunday doing laundry. So how does he decide what is "outsourced" or important because it seems that would be something that should be outsourced.

Margaret Lozano says

I love the idea behind this book, but it's so dependent on various apps and services that it's already somewhat outdated.

And unfortunately, even if I look at it as a review of productivity resources, it's not very good at that, either. Honestly, don't waste your time. I hear he has a newer version of this book (2016). Perhaps it's better. I honestly love the concept, it's just poorly executed.

SWAROOP CHOUGULE says

Best productivity book I have come across in a while. Ari Meisel, diagnosed with Crohn's disease turned around his life with consistency, hard work, and an efficient lifestyle. In 'Less Doing, More Living', he teaches the philosophy and explores the principles of achieving more in limited time with limited effort by optimizing, automating, and outsourcing the daily tasks. He provides tools and resources to streamline and improve day-to-day activities.

Cate says

This book is packed with tips, advice, ideas, suggestions on how to automate yourself. By turning your brain over to the internet and semi-anonymous online services that will do the thinking for you, you can become more efficient, productive, and creative. I am uncomfortable with signing up for "free" or low fee services that have access to all sorts of personal information and data - I wonder what's being done with all this private data, how else it might be used.

I was also struck by how we have taken some very modern technology, and turned it into a sort of Mad Men style boss/secretary relationship. Let's outsource buying flowers for our girlfriends - have your online

assistant send flowers, but not too regularly, that way it seems more spontaneous and heartfelt. Do we all need secretaries to handle our dry cleaning and make appointments for us? Is it ok to pay anonymous services pennies a month to schedule mammograms and write checks on our behalf because we don't feel like we should have to do it ourselves? Do we have a responsibility to know the working conditions of these establishments? These are some of the thoughts that popped up for me during this read, which makes me think that I am not quite up-to-speed in this modern world.

If your work is primarily online, there are very useful explanations of different softwares and apps that you'll want to check out, and I like the minimize everything approach. I liked the Wellness chapter because it was an excellent analysis of how to think about health, along with solid suggestions that weren't just app reviews.

This is a book that I would like to revisit in maybe five years, and see if my own ideas about privacy and the quantified self have changed enough to appreciate this approach.

Jay says

This is a book of a type I've read quite frequently over the past decade, the type that suggest putting much of your life on autopilot by using services available over the web. There's a lot of repetition compared to those other books, like "The Four Hour Work Week", "Listful Thinking", "Getting Organized in the Google Era", and others. The benefit here is this seems a bit more recent than some of those other books, so the tools mentioned mostly still exist. And this is a short book – 2 CDs in the audiobook version. The size is right, and in effect this works as a kind of catalog of internet productivity tools. In my case, I did hear descriptions of a few tools I will look at later, if I remember them (part of the issue of listening while driving is you can't take notes). If you are already well acquainted with Evernote and saved Google searches and the like, you probably won't find a whole lot new here, but there's a chance.

Cindy says

There is useful and interesting information buried in here but much of it is devoted to promoting websites and apps. I can see the benefits of automating tasks - hey my bills are on autopay and I have tasks that I do on a routine basis at work. But for most of us - the non-entrepreneur, non-executive, non-billionaire regular working schmo - much of this is not too terribly relevant. I can't hire a virtual assistant in my civilian Army job. I can't even download many of these programs to my computer without an act of Congress. But there are jewels in her and I did take some of the suggestions to heart and will look to implement them.

Melissa says

This book is like a walking ad for different websites. I don't think its very useful unless you have money for websites. The sites LOOK interesting and he promotes them, but I can't take his "reviews" of these sites seriously.

One of the sites (that I looked at) was shut down in July 2013. This book came out in April 2014. I don't buy that if he used this site he didn't notice when it went down. So, it makes me wonder which of these resources he actually uses regularly.

Some of the sites/apps listed are: insidetracker, idonethis.com, evernote, billshrink and aquanotes. There are SO many more listed. This book is pretty much a list of other peoples things.

Anyhow, some of these may be useful if you make decent money, but I don't. I don't know I just didn't find this book worth my time. Luckily, it was very short and I don't feel like I wasted too much of my life.

Taher Al Kiyumi says

I strongly believe in what I have read in this book.

If we need to do more we would have to be precise in what we have and own. That would be in less accumulating unnecessary things and stuff in every aspect in our life : relationships , work, home and our virtual social media reality. That would help us to focus more in what we do.

James says

This book is aimed at those stress loving folk who run their own businesses or have lots of activities. Since most of the advice is about software, this book will be obsolete in a few years. If your an retired idler like myself with bills on autopay you will find a bit of useful info but it won't be a knockout.

On the other hand, if your stuck in the high stress lifestyle, this book could be a lifesaver. Organize your life into processes so other people can do routine tasks for you. Handle information and contacts in the most efficient manner possible. Outsource or automate routine errands and take care of your body (good advice!).

The outsourcing and assistant sites are interesting to read about, they are in the USA, unlike other books that touted services in India. Are we creating digital sweatshops? The prices seem quite low. I will still do my own grocery shopping, I'm not into the temp servant scene. The book is a short and quick read, the author writes for his busy core audience.

Adwoa Akhu says

This book may be better to read than to listen to. Some good ideas on how to simplify life. It is best to take what you can and leave the rest. It would have been better to include more on how to protect yourself if you are going to allow others to do things for you that require having your personal information, like making travel reservations. Overall, the concept is good. I work only three days a week. They are long days, but I prefer to have flexibility on the other days. I think it is a great system if you can make it happen in your life. And if you can't, then implementing this system only as much as you can is already likely to lead to greater productivity.

Chris Jennings says

I can understand why many reviewers have bashed this book. It goes beyond most people's comfort zones.

The idea of outsourcing a huge portion of your life is hard to swallow even if you have the money to afford it. Most of the ideas in this book I was already familiar with via Tim Ferriss, Mike Vardy and others in the "less doing/efficiency" industry. But having said all that, I was still genuinely entertained by all of the concepts and I thought that Meisel packaged them in a way that was easy to understand and never felt like it was dragging on. It's certainly a quick read and no one is going to mistake Ari's writing style for anything more profound. If you're curious and you only want to spend a few bucks (or free from the library as I did) give this book a shot. If you're really serious about making wholesale productivity changes to your life maybe your money is better spent on one of Meisel's courses through Skillshare or CreativeLive! Or of course JUST GOOGLE IT for you cheapskates.

Connie says

I expected a mostly theoretical approach discussing how a minimalist mindset can free up our time and mental resources, but this book is packed full of practical suggestions for doing this. Hallelujah! I've been trying for years to accomplish this and it seems nearly impossible to tame all the input. I'll be putting his suggestions into practice.
