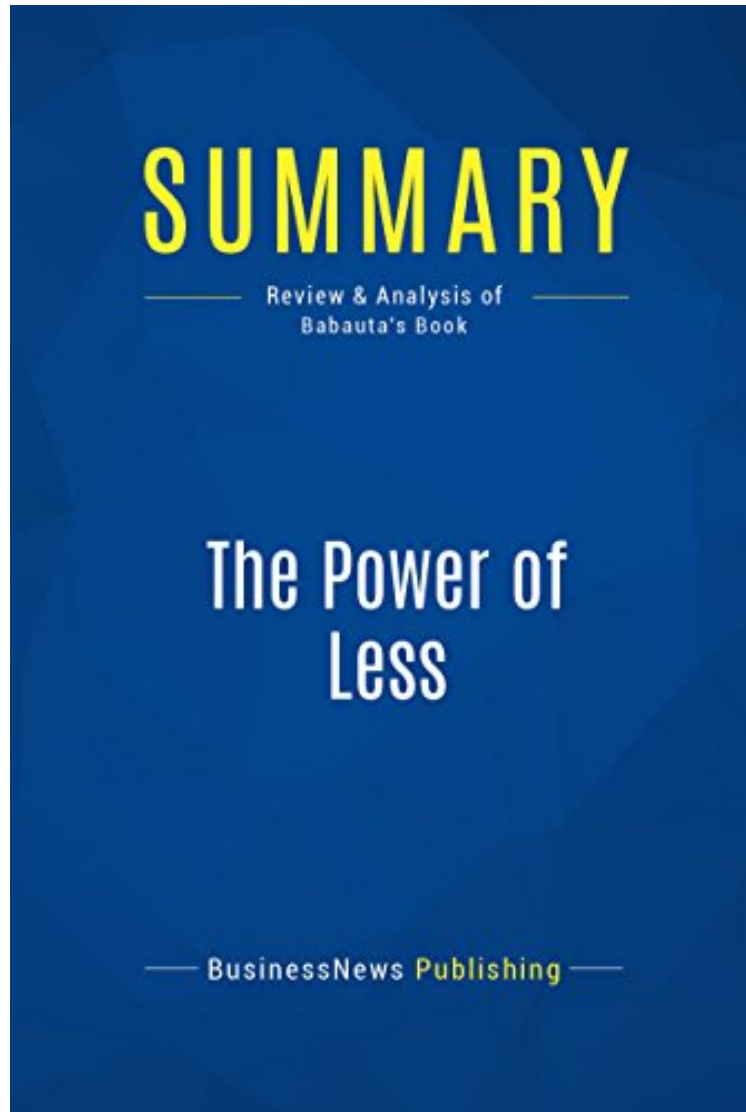


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## Summary: The Power of Less: Review and Analysis of Babauta's Book

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The must-read summary of Leo Babautarsquo;s book: lquo;The Power of Less: The Fine Art of Limiting Yourself to

the Essentialhellip;in Business and in Liferdquo;. This complete summary of the ideas from Leo Babautarsquo;s book ldquo;The Power of Lessrdquo; shows that people face two major problems in modern life: information overload and task overload. In his book, the author explains that the solution lies in setting limits and making the choice to do the right thing rather than the easiest thing. In other words, we need to simplify our lives and focus on what is most productive. By following Babautarsquo;s advice, you can find out how to simplify your tasks and get more done. Added-value of this summary: bull; Save time bull; Understand the key principles bull; Increase your productivity To learn more, read ldquo;The Power of Lessrdquo; and find out how you can start getting more done by doing less work and finally accomplish your goals.