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## The Productivity Project: Accomplishing More by Managing Your Time, Attention, and Energy

By Chris Bailey

BRILLIANCE AUDIO, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. For readers who made David Allen s Getting Things Done a perennial bestseller, a fresh and entertaining exploration of a topic that concerns just about everyone over the course of their careers: how to be more productive at work, and in every facet of our lives. After earning his business degree, Chris Bailey turned down several lucrative job offers to pursue a lifelong dream to spend a year performing a deep dive experiment into the subject of productivity. Bailey had been fascinated with productivity since he was a young teenager, when he began researching every paper and every book available on the topic. After graduating college, he created a blog to chronicle his year long series of productivity experiments on himself, and well as his continuing research and interviews with some of the world s foremost experts, from Charles Duhigg to David Allen. Among the experiments that he attempted: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he stretched his work week to...



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