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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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