



Busy: How to thrive in a world of too much (Paperback)

By Tony Crabbe

Little, Brown Book Group, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. * One of Success magazine s Best Books of 2015 *It s difficult to ask anybody How are you? without hearing the word busy somewhere in their response. We feel overwhelmed by busyness because of the demands on our time: our inbox and our to-do list are bulging, a huge amount of people expect things from us and our organisations are trying to do more with fewer people. But it doesn t have to be that way. In reality, busyness isn t essential. Yes, there is a lot to do, but believing you re always busy because you have so much to do is both false and unhelpful. Busyness is a normal response to a world of too much, but it isn t the only response. In Busy Tony Crabbe draws on solid psychological research to address one of the great problems of modern life: we re too busy. But it isn t a time-management book. Rather than providing advice for increasing productivity and efficiency, it sets out four key strategies (corresponding to sections of the book) for thriving despite the overload of too...

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