

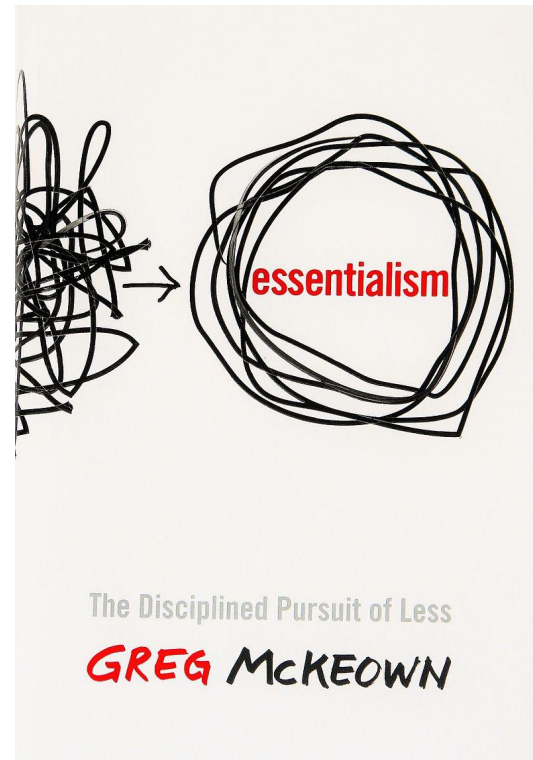
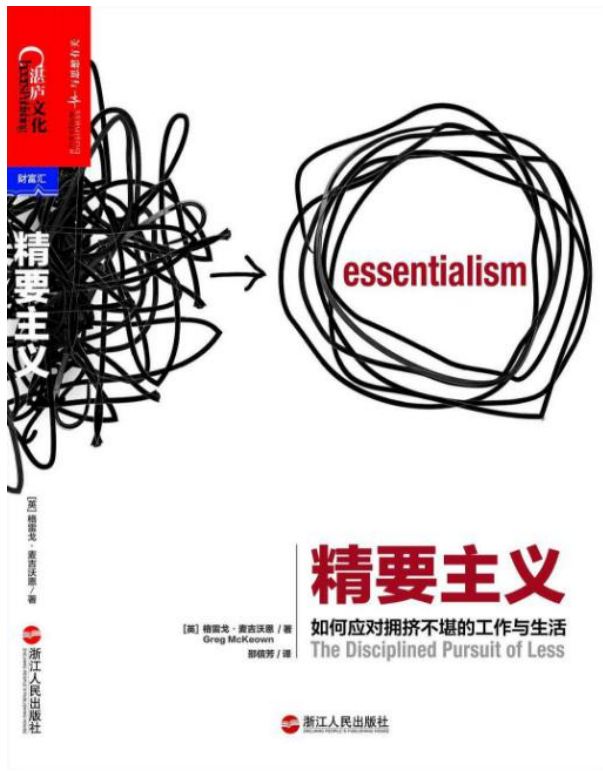
introduction of a book
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essentialism

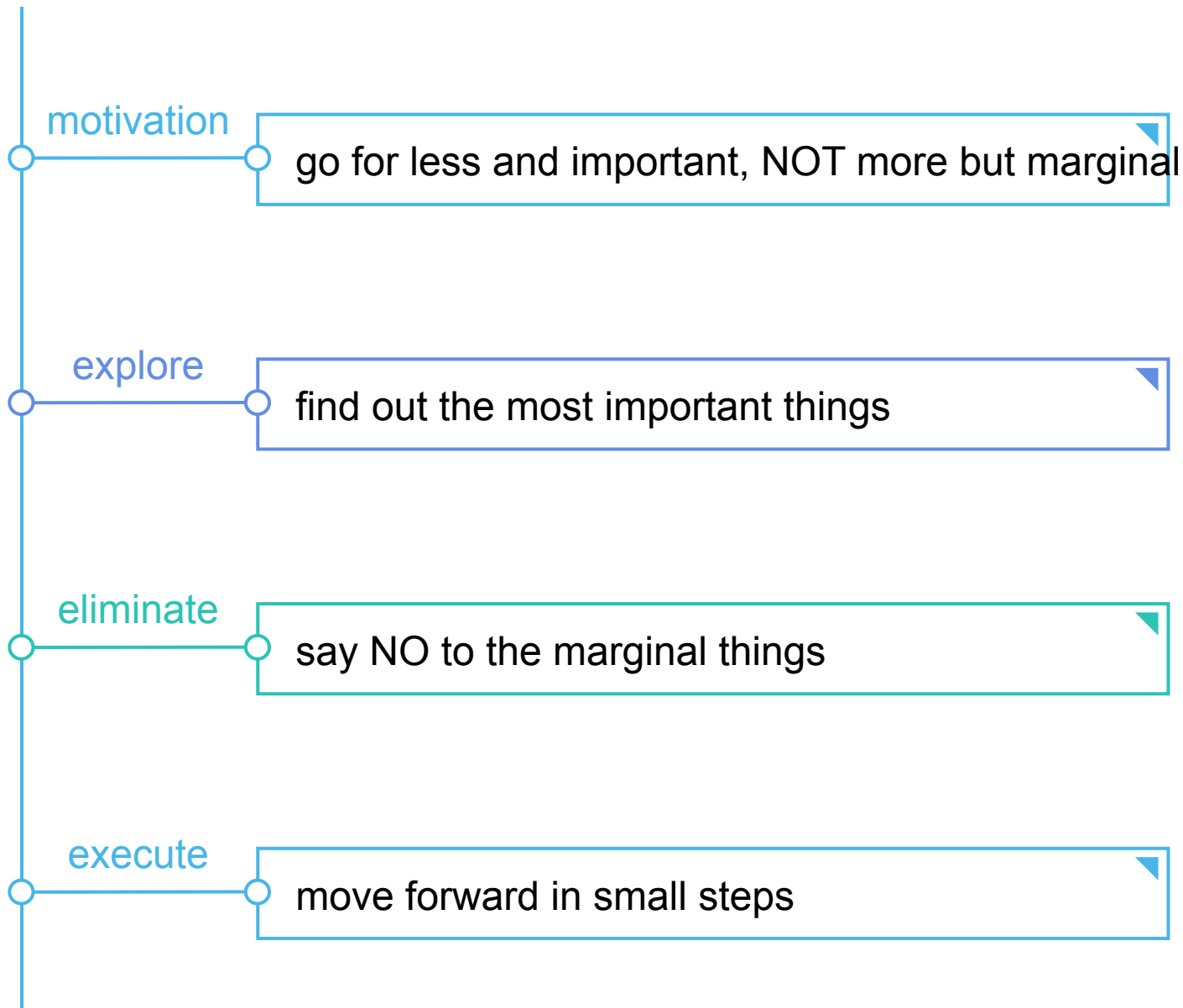
In Feb. , Yuzhen recommended us this book in Wechat.

I finished reading it one month later.

Today, I share you some personally selected key points.



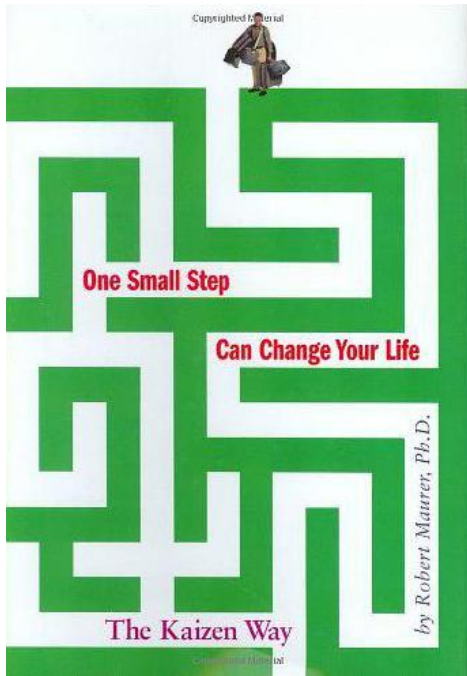
Structure and logic of this book



personal suggestion

- think clearly what is the most important thing is the start point.
- manage your energy, not the time.
- be focusing, avoid multi-tasking
- self-control is important, it is human nature that prefer doing things with less challenge.
- one small step each time

some supplemental books



A good practical guide to build new habit and deal with challenging works.

Not start from big step, try a small one, and keep this feedback everyday.

Key to productivity is to manage your energy, not time or your to-do-list.

Try to manage and protect your energy, in eating, sleeping, daily works, etc.

