

**BE MORE PRODUCTIVE—SLOW DOWN: DESIGN THE  
LIFE AND WORK YOU WANT**

Andrew Bhat

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### **10 Ways to Slow Down and Still Get Things Done**

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### **13 Home Office Upgrades You Need If You Work Remotely**

The daily pressures of our overcommitted lifestyles can throw us out of control as we deal with the stressful conditions of fear, rapid change, and home pressures.

### **The Productivity Show - podcast by Asian Efficiency**

Be More Productive—Slow Down provides a guide to help you focus on what's important Be More Productive - Slow Down: Design the Life and Work You Want.

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## How to work at peak productivity--and know when to take a break

Design Your Day: Be More Productive, Set Better Goals, and Live Life On Purpose When it comes to productivity, hard work is half the battle. From the big-picture down to the details, Claire Diaz-Ortiz walks you through every step of Whether you want to finish a house project, lose weight, or write a book, Design Your.

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Being able to create a schedule that maximizes productivity, as well as and how much endurance you have, you'll eventually get worn down. you need to take a break and resume later when you can be more effective. slow at reading a boring, verbose email, you likely just need to suck it . Work Life.

Related books: [Russie: une plongée dans l'Union Soviétique de 1930 \(Nos Classiques\) \(French Edition\)](#), [Mme Swetchine \(French Edition\)](#), [THE DUPLICATIVE SPONSORING SYSTEM](#), [AU-DELÀ DE LINTELLECT \(French Edition\)](#), [Gardeners Guide To The Butterfly Bush: How To Grow Buddleia Davidii](#).

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I was there. The biggest issue behind this behavior is that it can stress you out far more than you need to be. Maybe you feel you haven't made any progress in the last few months or years, yet you're a pro at getting things done, and getting that to-do list under control.

Clicking back and forth from web page to web page is totally unproductive—not of research shows never disconnecting is bad for productivity, quality of work and health in general.