

Busy: How to Thrive in a World of Too Much

By Tony Crabbe

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Busy: How to Thrive in a World of Too Much By Tony Crabbe

A *Success* Best Book of 2015

Business psychologist Tony Crabbe outlines a unique three-step approach to combating one of the modern life's great problems: being too busy.

BUSY is divided into four digestible sections-Mastery, Differentiation, and Engagement-that will teach readers how to switch from managing time to managing attention, how to transition toward a career strategy that doesn't hinge on productivity, how to think differently about success by re-engaging with what matters, and how to create the impetus, energy, and clarity to put all these changes into effect. Crabbe draws on entertaining psychological studies to show why we're getting it wrong at the moment and to develop a fresh new approach to taking back one's life from chaotic outside forces. Rarely has a book been more timely in both its scope and in its immediate impact.

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Editorial Review

Review
"A life-changing book which reassesses what you are doing, why you are doing it and in what way."?***Carol Ann Rice, The Daily Express***

"This book has the power to change your life. In this thought provoking guidebook to today's world of "too much", Tony Crabbe destroys the myth of "busyness" and provides practical, thoughtful advice to help individuals (and their organizations) unleash their true potential."
?**Dave Coplin, Chief Envisioning Officer, Microsoft UK and author of Business Reimagined**

Crabbe presents an array of techniques and tactics to help readers relinquish their busyness and gain control of their lives. Written in short sections with graphical breaks, pullouts and bullet points, BUSY is a very smart, fun and enlightening read.?***Success Magazine***

"Sound advice, well worth consideration and action."
?***Booklist***

"For anyone juggling an ever-expanding schedule in or outside the corporate world, this book might be worth fitting in."
?***Publishers Weekly***

"If you ever feel like you're drowning in a sea of over commitment, organizational psychologist Tony Crabbe throws you a lifeline with BUSY."?***Working Mother***

"In BUSY, organizational psychologist Tony Crabbe draws on solid psychological research to address one of the great problems of modern life: we're too busy."?***Networking Times***

"[In BUSY] psychological and business research are translated into practical tools and skills."?***Ugly Research Newsletter***

"Crabbe draws on entertaining psychological studies to show why we're getting it wrong at the moment and to develop a fresh new approach to taking back one's life from chaotic outside forces."?***IN Business Magazine***

"The statistics Crabbe cites are truly staggering."?***National Post***

About the Author
Tony Crabbe is an organizational psychologist who works with multinational companies around the world, including PWC, Microsoft, News International, Disney, and the World Bank. He is also a research fellow in the field of organizational psychology at Birkbeck College, University of London. He lives with his family in Spain, but spends a considerable amount of time consulting in the UK and the US.

Users Review

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Judith Tate:

This Busy: How to Thrive in a World of Too Much is brand new way for you who has attention to look for some information mainly because it relief your hunger of knowledge. Getting deeper you on it getting knowledge more you know or you who still having tiny amount of digest in reading this Busy: How to Thrive in a World of Too Much can be the light food in your case because the information inside this particular book is easy to get simply by anyone. These books build itself in the form which is reachable by anyone, sure I mean in the e-book contact form. People who think that in guide form make them feel drowsy even dizzy this publication is the answer. So there is absolutely no in reading a publication especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the item! Just read this e-book sort for your better life along with knowledge.

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