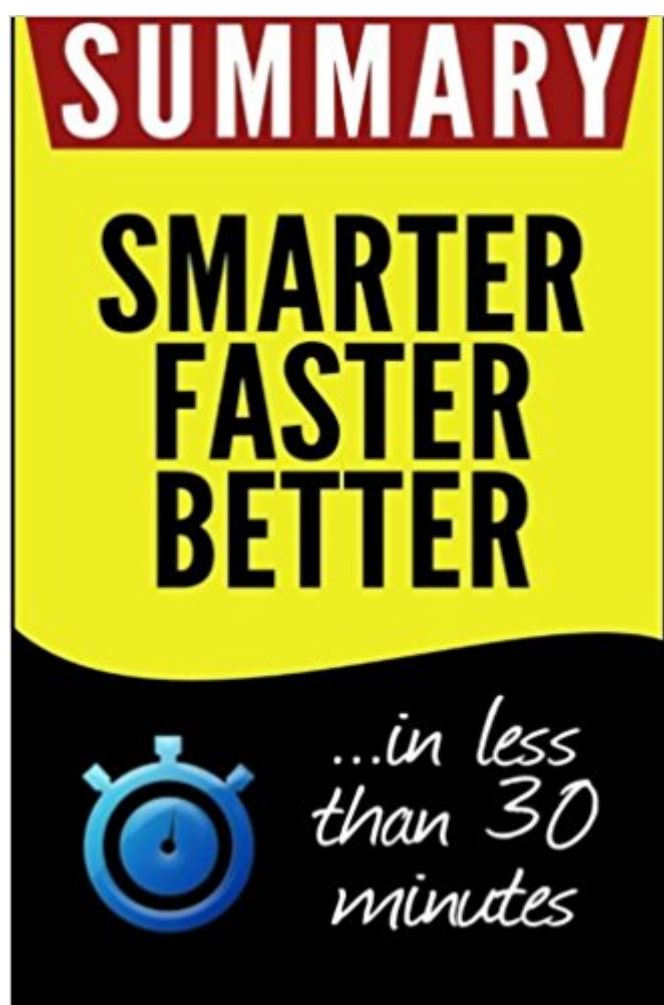


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Summary Of Smarter Faster Better: The Secrets Of Being Productive In Life And Business: In Less Than 30 Minutes



Synopsis

Smarter Faster Better by Charles Duhigg | Book Summary This book instantly catches your attention with relevant and interesting stories about real life situations. Each of these stories leads to the point he is trying to make and heightens the understanding of each productivity tip. He never leaves a story hanging, and gives useful advice throughout each chapter, enhancing it with more stories and results from studies. This book draws upon the knowledge gained from fields such as psychology, neuroscience and even behavioral economics. Throughout each chapter, approaches are discussed that can be easily implemented and improve our lives and lead to success. This book is not just about how to be productive, it provides so much more and guides thought patterns by giving the reader meaningful advice and providing practical and valuable lessons. This book, that encourages effectiveness at all levels will transform your daily activities and can be used to promote productive activities for individuals, groups and businesses alike. You can expect this book to both informative and entertaining and be highly appealing to all who have an interest in improving their productivity and overall success. Here Is A Preview Of What You'll Learn...Creative

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Customer Reviews

Everyone wants to be successful in their life and business and this is one of the best book that is sure to make some change in everyone who reads it and apply in their life and business. This book has helped me to be more productive and get success in life and business. All the topics are practical and after using it in my life, I really felt the difference. After reading this book I came to realize that I was also lacking so many things like self-motivation, teamwork, goal setting, managing other and many other skills. But this read had really cleared my vision and I knew what I had to do. Each chapter started with a story which also made this book more interesting. Recommended to those who wants to be more productive in life and business for success and happiness.

very well written summary on the book. i read the book itself but it's always nice to get a refresher on the topics. pretty much its all about focusing all your energy on the task at hand. its definitely not your typical book on plain motivation the author summarizes the books strategies to keep your wondrous mind focused on achieving whatever it may be. the biggest thing i took from this book is the rituals/planning one must take to set new effective habits

This summary book is amazing and helpful. By reading this book I have gotten a clear overview of the original book of Charles. By reading this book I have come to know about some interesting stories about real life situations. Inside of this book I have found some useful advice throughout each chapter. Inside of this book the author has described about psychology, neuroscience and behavioral economics. This book motivates me about how to improve focus and manage others. Though I had read various summary books before, but this book really gave me fully clear overview of the original book. I am glad to read this book and planning to purchase the original book.

A clear and simple book on how to be more productive and more positive. It 'was an interesting read, and somewhat surprising. 2/3 I learned things about how decisions are made, on marketing and other things. I recommend it

This summary book also provides the reader information on the author's style and perspective. This book has tips about how to make decisions and work in groups so as to maximize your brain capacity. It's interesting stuff! Self-help book with promising realistic goals. ÆfÂçÃ â ¬Ã Å“Set goals that include hard to accomplish "stretch" goals, and make certain that they are specific, measurable, achievable, and realistic and based on a timeline.

It was good and a quick read but there was too much skipping around that wasn't necessary. It could have been much more concise.

There is so much to be learned from this book. Stories that for me is very inspirational and motivational. This book does not only reveal the secrets of being productive in life but a lot more than that. And the way how the author reveal the secrets is one of a kind, it is thru stories that doesn't just jump in to conclusion but actual life events of lessons and success.

I believe that books are also like poems or painting or any form of art, there is a meaning behind each line, each page or even each word that at times we are confused. A summary and analysis book like this will indeed help readers to understand more and easily. This book is an example of that, the summary is brief, short but the meaning and important details are there.

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