

One Man's Quest to Hurry Up and Calm Down: A Book Review

In his book 'One Man's Quest to Hurry Up and Calm Down', AJ Jacobs embarks on a year-long experiment to see if he can improve his productivity and well-being by adopting a variety of different time management and mindfulness techniques.



Hyper-chondriac: One Man's Quest to Hurry Up and Calm Down by Brian Frazer

★★★★☆ 4.2 out of 5

Language : English
File size : 422 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages



Jacobs is a self-described "time waster" and "chronic procrastinator." He's always running late, forgetting appointments, and missing deadlines. But he's also aware that his lack of time management skills is taking a toll on his health and happiness. So, he decides to do something about it.

For one year, Jacobs tries out different time management and mindfulness techniques, including:

- The Pomodoro Technique

- The Eisenhower Matrix
- Mindfulness meditation
- Yoga
- Sleep optimization

Jacobs tracks his progress throughout the year, and he shares his findings in his book. He discovers that some techniques work better than others, and he learns a lot about himself and his relationship with time.

One of the most important lessons Jacobs learns is that there is no one-size-fits-all solution to time management. What works for one person may not work for another. The key is to find what works for you and to be consistent with it.

Jacobs also learns that mindfulness is essential for both productivity and well-being. When we are mindful, we are able to focus on the present moment and to let go of distractions. This can help us to be more productive and to experience more joy in our lives.

'One Man's Quest to Hurry Up and Calm Down' is a funny, insightful, and ultimately inspiring account of Jacobs's journey. It offers valuable lessons for anyone who wants to live a more fulfilling life.

Here are some of the key takeaways from the book:

- There is no one-size-fits-all solution to time management.
- Mindfulness is essential for both productivity and well-being.

- It is important to be consistent with your time management and mindfulness practices.
- Small changes can make a big difference.
- It is never too late to improve your relationship with time.

If you are looking for a book that will help you to be more productive and live a more fulfilling life, I highly recommend 'One Man's Quest to Hurry Up and Calm Down'.



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