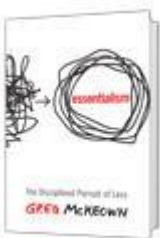


5

Set internal boundaries

anytime you feel internal pressure to do something to help save someone else's time, ask yourself if that person would make the same sacrifice for you.

if the answer is no, you can eliminate without guilt.



essentialism
The Disciplined Pursuit of Less
GREG MCKEOWN

