



Zen to Done: The Ultimate Simple Productivity System

By Leo Babauta

BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Zen To Done is a system that is at once simple, and powerful. It will help you develop powerful habits: how to organize tasks and projects to keep your workday simple and structured how to keep your desk and email inbox clean and clear how to focus what you need to do without distraction This book was written for those who want to get their lives organized and actually execute the things on their to-do list by changing existing habits. And let me say that changing your habits is possible. Using the habit-changing techniques I describe in this book, I have made many habit changes: I quit smoking, started running, started eating healthier, completed a marathon, doubled my income and got my finances in order, have almost eliminated my debt now, completed a triathlon, lost more than 20 pounds, started a successful blog, and more.



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