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# The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results, By Gary Keller And Jay Papasan (Book Summary)

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## THE ONE THING

BOOK SUMMARY  
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## Synopsis

This is a book summary of *The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results* by Gary Keller and Jay Papasan. Book description: You want less. You want fewer distractions and less on your plate. The daily barrage of emails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions - and lots of stress. And you want more. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life and more time for yourself, your family, and your friends. Now you can have both: less and more. In *The One Thing*, you'll learn to: Cut through the clutter Achieve better results in less time Build momentum toward your goal Dial down the stress Overcome that overwhelmed feeling Revive your energy Stay on track Master what matters to you *The One Thing* delivers extraordinary results in every area of your life - work, personal, family, and spiritual. About the authors: Gary Keller is chairman of the board and cofounder of Keller Williams Realty, Inc., which holds the number-one position as the largest real estate company in North America. His New York Times best-selling books have sold more than 1.3 million copies. Jay Papasan, a former editor at HarperCollins Publishers in New York, coauthors Gary's books and is vice president of publishing at Keller Williams.

## Book Information

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## Customer Reviews

It has been so long since I was the single minded organized woman who graduated with a 4.0 overall GPA at a top University. I seem to lose focus and spend a lot of TIME accomplishing a LOT

of NOTHING. This book reminded me that there truly is no such thing as multi-tasking. Find the ONE most important thing and go all out until you achieve that goal.

Great summary of the book. With my current available time it was a quick read. Glad I purchased it in order to apply these concepts and take action to live the life I have always dreamt about.

The book gave great insight as to how a thriving business team should operate for the best desired results. The format (story telling) was easy to follow and understand. Thoroughly enjoyable and teachable.

I've reordered my days/months and have become more focussed because of this book my friend insisted I read. So glad he did. And don't stop after a few chapters THINKING you have it down. READ and apply as you go (mark up your book and go back when you are done). Then write your own review. You will be glad you bought this book.

I enjoyed the book. Well written, easily understood and did not take long to read. It covers some basic principles and some insights in ways I hadn't considered before.

I was able to read the book in one sitting, and understand and put to good use all of the concepts presented right away.

I LOVE LOVE LOVE this book. It reminds me to stay focused. Multitasking is a myth - ha! I always thought I was a good multi-tasker but this book has given me new insight. Highly recommend!

One of the best business books I've read in a long time. Enjoyed it so much that I purchased a copy for my entire team. -- Lots of good advice on keeping focus to complete a task or project.

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