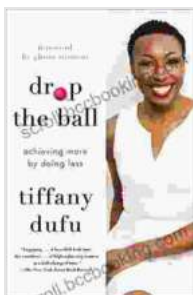


Drop the Ball: Achieving More by Doing Less

By Tiffany Dufu



Drop the Ball: Achieving More by Doing Less by Tiffany Dufu

★★★★☆ 4.6 out of 5

Language : English
File size : 1567 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 305 pages



In our fast-paced, always-on culture, it's easy to feel like we're constantly falling behind. We're bombarded with messages telling us that we need to be *ng* more, working harder, and achieving more. But what if the key to success is actually *ng* less?

In her groundbreaking book, *Drop the Ball*, Tiffany Dufu argues that we can actually achieve more by *ng* less. She shows us how to identify the things that matter most, and then let go of the rest. By dropping the balls that don't matter, we can free up our time and energy to focus on the things that will truly make a difference in our lives.

Dufu's approach is based on the latest research in productivity and neuroscience. She shows us that multitasking is actually a myth, and that we're better off focusing on one thing at a time. She also teaches us the importance of taking breaks, and of creating a work environment that supports our well-being.

Drop the Ball is a must-read for anyone who feels like they're constantly overwhelmed and stressed out. Dufu's practical advice and inspiring stories will help you to achieve more by *ng* less, and to create a more balanced and fulfilling life.

What people are saying about *Drop the Ball*:

"Tiffany Dufu has written a brilliant and timely book about the importance of *ng* less. In a world where we're constantly bombarded with messages telling us to do more, Dufu offers a refreshing perspective that will help you

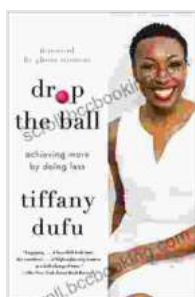
to achieve more by ng less." - Arianna Huffington, founder and CEO of Thrive Global

"*Drop the Ball* is a game-changer. Dufu's research-based advice will help you to identify the things that matter most, and then let go of the rest. This book will help you to achieve more, and to live a more balanced and fulfilling life." - Sheryl Sandberg, COO of Facebook

"Tiffany Dufu is a visionary leader who has spent years helping women to achieve their full potential. In *Drop the Ball*, she shares her wisdom and experience to help us all to achieve more by ng less. This book is a must-read for anyone who wants to live a more productive and fulfilling life." - Oprah Winfrey

Free Download your copy of *Drop the Ball* today!

Available now at all major bookstores and online retailers.



Drop the Ball: Achieving More by Doing Less by Tiffany Dufu

★★★★☆ 4.6 out of 5

- Language : English
- File size : 1567 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- X-Ray : Enabled
- Word Wise : Enabled
- Print length : 305 pages





Senator Leahy: A Life in Scenes

Senator Patrick Leahy's memoir, *A Life in Scenes*, is a deeply personal and moving account of his life and career. The book is full of vivid...



Magda: A Mother's Love, A Daughter's Redemption - A Journey of Triumph Over Tragedy

Immerse Yourself in the Captivating True Story of Magda Trocme; In the tranquil hills of Le Chambon-sur-Lignon, France, during the darkest hours of World War II, Magda...