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Nota di contenuto	Cover -- Title Page -- Copyright Page -- Contents -- Foreword -- Preface: Thank You for Being a Friend -- Chapter 1 The Pursuit of Happy Less: Busy Is A Four-Letter Word -- The Myth of Multitasking -- Research on Multitasking -- The Psychological Toll of Multitasking -- Personal Anecdotes: Lessons from Dad -- The Modern-DayBusy Badge -- Recognizing the Costs of Busyness -- Strategies for Purposeful Productivity -- The Golden Girls' Wisdom -- The Pursuit of Happiness: Beyond Busyness -- The PERMA Method in Real Life -- Positive Emotion -- Engagement -- Relationships -- Meaning -- Accomplishment -- Breaking Free: Making Every Minute Matter -- Chapter 2 The Sands of Time Are Littered with To-Do Lists -- The Hustle of Single Motherhood -- The Root of My Micromanaging -- The Birth of the reTHINK Method -- The Five Core Principles of the reTHINK Method -- R – Redefine Productivity -- E – Evaluate Your Priorities
Sommario/riassunto	Improve your productivity, take a more enjoyable approach to life and

amplify your leadership Using a human centered approach, Busy Is a Four Letter Word looks at the essential relationship between living well and leading well, aiming to end the self-gratifying martyrdom of "busy" culture, and working to uncomplicate personal and professional prosperity. By highlighting topics such as real self-care, rest, wellness, and saying "no" as indispensable to success and productivity, the powerful 5 step ReThink Method in Busy Is a Four Letter Word helps readers get more out of life while also being more productive in their pursuits. In this book, you'll learn:

- * How to stop piling on to your to-do list and instead take bite-sized actions that will shift, turn, and restart the next professional or personal season of your life
- * The idea of "martyritis": consistently taking actions that leave you feeling overwhelmed, overworked, and underappreciated as your default state of being
- * How to create your 5 Star wellness plan to help you rethink your work ethic and create new patterns and rituals routines that allow you to get the most out of life and to thrive while doing less.

With Busy Is a Four Letter Word and Palmer's highly effective ReThink Method at your fingertips, leaders and team members alike can find ways to get more done by rethinking their approach to work and life.
