

CONTENTS

Introduction	1
--------------	---

Part 1 | FOUNDATIONS

Chapter 1

The Rise and Fall of Pseudo-Productivity	13
--	----

Chapter 2

A Slower Alternative	31
----------------------	----

Part 2 | PRINCIPLES

Chapter 3

Do Fewer Things	47
-----------------	----

<i>Chapter 4</i>	
Work at a Natural Pace	111
<i>Chapter 5</i>	
Obsess Over Quality	165
Conclusion	213
<i>Acknowledgments</i>	221
<i>Notes</i>	223
<i>Index</i>	235