

chrome extension to block distracting sites

chrome extension to block distracting sites are invaluable tools for anyone struggling with digital distractions and seeking to reclaim their focus. In today's hyper-connected world, the allure of social media, endless news feeds, and entertaining websites can severely hinder productivity, leading to procrastination and reduced efficiency. Fortunately, a well-chosen browser extension can act as a digital gatekeeper, allowing users to curate their online experience and minimize exposure to time-consuming rabbit holes. This article delves into the benefits, features, and selection criteria for the best chrome extension to block distracting sites, offering practical advice for enhancing your concentration and achieving your goals. We will explore how these extensions work, what to look for when choosing one, and how to effectively implement them into your daily workflow.

Table of Contents

Understanding the Need for Distraction Blockers

Key Features to Look for in a Chrome Extension

Top Chrome Extensions to Block Distracting Sites

How to Effectively Use a Distraction Blocking Extension

Beyond Blocking: Enhancing Productivity with Browser Tools

Understanding the Need for Distraction Blockers

The digital landscape is a double-edged sword; it offers unprecedented access to information and connection, but it also presents a constant barrage of stimuli designed to capture and hold our attention. For professionals, students, and anyone striving for deep work or focused learning, these distractions can be significant impediments. A **chrome extension to block distracting sites** directly addresses this challenge by creating a controlled environment, enabling users to define what constitutes a distraction and then actively preventing access to those designated sites or applications.

The economic and personal cost of distraction is substantial. Lost work hours, missed deadlines, and a general sense of being overwhelmed are common consequences. By implementing a tool that specifically targets these disruptions, individuals can regain control over their browsing habits. This is not about eliminating access to the internet entirely, but rather about fostering mindful internet usage. It allows for strategic engagement with online resources while safeguarding against the insidious creep of unproductive browsing. The ability to intentionally limit access to sites that typically lead to time sinks is a powerful step towards improved self-discipline and higher output.

Key Features to Look for in a Chrome Extension

When selecting a **chrome extension to block distracting sites**, several features stand out as crucial for effectiveness and user satisfaction. The primary function should, of course, be the ability to blacklist specific websites. However, the sophistication of this blocking mechanism can vary greatly. Look for extensions that allow for easy addition and removal of sites, as well as the

possibility of creating custom lists for different work contexts or times of day.

Customizable Blocking Schedules

One of the most powerful features is the ability to schedule blocking periods. Instead of manually enabling and disabling blocking, an extension that allows you to set specific times (e.g., 9 AM to 5 PM on weekdays) for certain sites to be inaccessible is incredibly useful. This automates the process and ensures that your focus is protected during your most productive hours without constant intervention. Some extensions even offer features like "work modes" that activate pre-defined blocking lists automatically.

Pomodoro Timer Integration

For many, productivity is enhanced by techniques like the Pomodoro Technique, which involves working in focused bursts followed by short breaks. A **chrome extension to block distracting sites** that integrates a Pomodoro timer can be a game-changer. It not only helps you manage your work intervals but also ensures that during your work intervals, distractions are actively blocked. This dual functionality promotes disciplined work habits and effective time management.

Whitelisting Options

While blocking distracting sites is the main goal, it's also important to have the ability to whitelist sites that are essential for your work or research. An extension that allows you to create a list of approved websites, which cannot be blocked even if they fall into a broader category of potential distractions, provides necessary flexibility. This prevents the extension from hindering legitimate work activities.

Usage Statistics and Reporting

Understanding your digital habits is the first step to changing them. Extensions that provide usage statistics, showing you how much time you spend on different websites, can be eye-opening. This data can help you identify your biggest time-wasters and make more informed decisions about which sites to block or limit. Some reporting features might even offer insights into your productivity patterns.

Cross-Device Synchronization

If you use multiple devices, particularly for work, the ability for your blocking settings to sync across them can be a significant convenience. This ensures that your distraction-blocking rules are consistently applied, whether you are working on your desktop or a laptop, without needing to

reconfigure each device individually.

Top Chrome Extensions to Block Distracting Sites

Numerous chrome extensions are available to help users reclaim their focus by blocking distracting websites. Each offers a unique set of features and approaches to tackling digital distractions. Evaluating these options based on your specific needs will lead you to the most effective solution for your workflow.

Freedom

Freedom is a powerful and comprehensive tool that goes beyond just browser blocking. While it has a strong chrome extension component, it also offers desktop and mobile applications. This allows for an all-encompassing approach to distraction blocking across all your devices and applications. You can create custom blocklists, schedule sessions, and even lock yourself out of certain distracting applications. Its robust nature makes it a top choice for those serious about eliminating digital distractions.

StayFocusd

StayFocusd is a popular and effective **chrome extension to block distracting sites** that operates by limiting the amount of time you can spend on specific, time-wasting websites. Once you've reached your predetermined time limit for a site, it becomes inaccessible for the rest of the day. The extension offers granular control over how much time you allocate to each site and allows for exceptions for important pages. Its simplicity and direct approach make it a favorite for many users.

BlockSite

BlockSite is another highly-rated extension that allows users to block distracting websites and even specific pages within a site. It features a robust scheduling option, enabling you to set times for when certain sites should be blocked. Furthermore, BlockSite includes a feature that redirects you to a productive page, like a to-do list, if you attempt to access a blocked site. It also offers a "Word Blocker" feature that can block sites containing specific keywords.

Forest: Stay Focused

Forest is a unique and engaging **chrome extension to block distracting sites** that gamifies focus. When you want to concentrate, you plant a virtual tree in the app. If you leave the app or visit a blocked website before the timer is up, your tree dies. Successfully completing focus sessions allows

you to grow a virtual forest. This visual representation of your focused time can be a powerful motivator. The premium version allows for blocking of individual websites.

LeechBlock NG

LeechBlock NG is a highly configurable and popular open-source extension that allows users to create multiple sets of blocking restrictions. Each set can have its own schedule and blocklist, offering a high degree of customization. You can define specific times of day and days of the week when certain sites are blocked. It's known for its effectiveness and the control it gives users over their online habits.

How to Effectively Use a Distraction Blocking Extension

Simply installing a **chrome extension to block distracting sites** is only the first step. To truly leverage its power and achieve lasting improvements in focus and productivity, mindful implementation and consistent usage are key. Without a strategic approach, even the most sophisticated extension can be bypassed or become a forgotten tool.

Identify Your Biggest Distractions

Before you start blocking, take an honest look at your online behavior. Which websites or types of content are most likely to pull you away from your tasks? Is it social media, news aggregators, online shopping sites, or video streaming platforms? Using browser history and usage tracking tools (some extensions offer this) can provide valuable insights. This self-awareness is crucial for creating effective blocklists.

Start Small and Iterate

Don't try to block everything at once. Begin by identifying your top 2-3 most problematic sites and implement blocking for those. Once you've adjusted to this new level of focus, you can gradually add more sites to your blocklist. This iterative approach helps you build new habits more sustainably and avoids the frustration of feeling overly restricted, which can lead to disabling the extension altogether.

Utilize Scheduling Features

The ability to schedule blocking is one of the most powerful aspects of these extensions. Set up your blocking schedules to align with your most productive work hours. For example, if you find mornings to be your most focused time, ensure that your distracting sites are blocked from 9 AM to 12 PM.

This automates the process and removes the need for constant manual intervention, making it easier to stick to your plan.

Combine with Other Productivity Techniques

A **chrome extension to block distracting sites** is a powerful tool, but it's most effective when integrated into a broader productivity strategy. Combine its use with techniques like the Pomodoro Technique, time blocking, or the creation of clear daily goals. This holistic approach reinforces good habits and creates an environment conducive to sustained concentration.

Regularly Review and Adjust

Your work and browsing habits may change over time. It's important to periodically review your blocklists and schedules to ensure they are still relevant and effective. You might find that some sites you once considered distracting are now necessary for research, or that new distractions have emerged. Regular adjustments will keep your blocking strategy optimized.

Beyond Blocking: Enhancing Productivity with Browser Tools

While the primary focus is on a **chrome extension to block distracting sites**, it's worth noting that the browser itself can be optimized further for productivity. Many extensions work in tandem to create a more focused and efficient online experience, going beyond simple distraction removal.

Note-Taking and Organization Extensions

Tools like Evernote Web Clipper or Notion Web Clipper allow you to easily save articles, web pages, and snippets of information for later reference. This can prevent you from getting sidetracked by interesting but irrelevant content that you might otherwise click on to save for later. Keeping important information organized within a dedicated system ensures you can retrieve it efficiently when needed.

Task Management Extensions

Integrating a task management system directly into your browser can streamline your workflow. Extensions for tools like Todoist, Asana, or Trello allow you to create, manage, and update tasks without leaving your current browsing session. This reduces context switching and keeps you focused on your priorities.

Ultimately, the goal of using a **chrome extension to block distracting sites** is to foster a more intentional and productive relationship with the internet. By understanding the available tools, implementing them strategically, and integrating them into a broader productivity framework, individuals can significantly improve their ability to concentrate, achieve their goals, and navigate the digital world with greater control and effectiveness.

Q: What is the primary benefit of using a chrome extension to block distracting sites?

A: The primary benefit is enhanced focus and productivity by preventing access to time-wasting websites during designated work periods.

Q: Can these extensions block social media sites like Facebook and Instagram?

A: Yes, most chrome extensions designed to block distracting sites allow you to explicitly add social media platforms to your blocklist.

Q: Are there free chrome extensions available for blocking distracting sites?

A: Yes, there are several excellent free options available, such as StayFocusd and LeechBlock NG, which offer robust blocking capabilities.

Q: How do scheduling features in these extensions work?

A: Scheduling features allow you to set specific times and days when certain websites will be blocked, automating your focus protection during work hours.

Q: Can I whitelist specific websites that I need to access for work?

A: Absolutely. Most reputable extensions provide a whitelisting option, allowing you to exempt essential websites from the blocking rules.

Q: What is the difference between a blocking extension and a website blocker that limits time spent on sites?

A: A blocking extension typically prevents access to a site entirely once it's on the blocklist, while time-limiting extensions allow you to spend a pre-set amount of time on a site before it becomes inaccessible.

Q: Will using a distraction blocking extension affect my browser speed?

A: Generally, well-designed chrome extensions for blocking distracting sites have a minimal impact on browser speed.

Q: Is it possible to bypass these extensions?

A: While most users find these extensions highly effective, determined individuals might find ways to bypass them. However, their primary purpose is to create a conscious barrier and help build better habits.

Q: How can I choose the best chrome extension to block distracting sites for my needs?

A: Consider your specific distractions, desired features (like scheduling or Pomodoro integration), whether you prefer free or paid options, and read reviews to find the best fit.

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chrome extension to block distracting sites: Digital minimalism Pavel Hrejsenou, 2025-07-08 Do you constantly feel overwhelmed by notifications, anxious about missing out, or simply exhausted by endless digital noise? In today's world, where our lives are intertwined with

technology, the tools meant to simplify our lives often become masters of our attention and time. We are constantly „online,“ yet paradoxically, we feel more isolated and less focused than ever before. This book, *Digital Minimalism*, is not a call to return to the past or to completely disconnect from the world. Instead, it offers a practical guide and a life philosophy that will empower you to take control of your digital life. You'll learn how to use technology strategically and intentionally, so it truly serves your goals and values, rather than controlling you. Discover how you can: Reclaim your attention and boost productivity in both your work and personal life. Strengthen your real-world relationships and experience deeper connections. Improve your sleep quality and reduce stress levels. Discover new offline hobbies and interests that will enrich your life. Cope with external pressure and communicate your digital boundaries with calm and assertiveness. Embark on a path to greater mental well-being, contentment, and true freedom. *Digital Minimalism* is more than just a set of rules; it's a journey toward a more conscious, peaceful, and fulfilling life in the digital age. Are you ready to free yourself and start living a life richer in genuine experiences and meaningful interactions?

chrome extension to block distracting sites: [Brave the Page](#) National Novel Writing Month, 2019-08-27 The official NaNoWriMo handbook that inspires young people to tackle audacious goals and complete their creative projects. Includes pep talks from today's biggest authors! John Green, Marissa Meyer, Jennifer Niven, Daniel José Older, Danielle Paige, Celia C. Pérez, and Scott Westerfeld with an introduction by Jason Reynolds! Partly a how-to guide on the nitty-gritty of writing, partly a collection of inspiration to set (and meet) ambitious goals, *Brave the Page* is the go-to resource for middle-grade writers. Narrated in a fun, refreshingly kid-friendly voice, it champions NaNoWriMo's central mission that everyone's stories deserve to be told. The volume includes chapters on character, plot, setting, and the like; motivating essays from popular authors; advice on how to commit to your goals; a detailed plan for writing a novel or story in a month; and more! National Novel Writing Month (NaNoWriMo) is a 501(c)(3) nonprofit that believes in the transformational power of creativity. They provide the structure, community, and encouragement to help people find their voices, achieve creative goals, and build new worlds--on and off the page. With its first event in 1999, the organization's programs now include National Novel Writing Month in November, Camp NaNoWriMo, the Young Writers Program, Come Write In, and the Now What? Months.

chrome extension to block distracting sites: [AI Memory](#) Jamal Hopper, AI, 2025-02-26 *AI Memory* explores how artificial intelligence can revolutionize memory retention and learning. It examines the intersection of AI, cognitive psychology, and semantics to reveal how AI-driven tools enhance learning efficacy through personalized study plans and optimized knowledge reinforcement. The book highlights how AI algorithms analyze user performance to adjust learning schedules, maximizing retention. Traditional education often uses a one-size-fits-all approach; however, this book champions a data-driven alternative catering to individual learning styles. The book is structured in three parts, beginning with an introduction to human memory and AI, then transitions into an examination of spaced repetition systems and adaptive learning technologies, including case studies. The final part delves into creating personalized study plans, showing how AI can analyze individual learning styles. By connecting AI with cognitive psychology and educational science, *AI Memory* contributes to the expanding field of AI-enhanced learning.

chrome extension to block distracting sites: [Mastering Time Management](#) SHIKHAR SINGH (THE ZENITH), *Mastering Time Management* is a skill that can significantly enhance productivity, reduce stress, and improve overall quality of life. By implementing these strategies and principles, individuals can make the most of their time and achieve their personal and professional goals. *Mastering Time Management* is a skill development process aimed at enhancing one's ability to effectively manage and utilize their time for increased productivity, goal achievement, and overall well-being. It involves a combination of strategies, techniques, and tools to make the most of the 24 hours available in a day.

chrome extension to block distracting sites: [Calm Hustle](#) Nolan Crestwood, 2025-09-18

Working from home should feel liberating, but too often it becomes a blur of half-finished tasks, constant distractions, and endless fatigue. The secret isn't to work harder—it's to work smarter, with focus and rest in balance. *Calm Hustle* is your playbook for turning scattered remote days into highly productive, deeply satisfying ones. You'll discover how to plan your schedule around focus sprints, set up a "distraction firewall" that protects your attention, and use rest strategically to recharge without guilt. With proven techniques rooted in deep work principles, this guide helps you create flow at home, even when your environment is far from perfect. Perfect for remote professionals and anyone struggling to find focus in a noisy world, this book gives you the tools to work less chaotically and accomplish more with clarity. Stop fighting distraction—and start building quiet, powerful momentum that transforms your workdays.

chrome extension to block distracting sites: Time Management Techniques Ethan Evans, AI, 2025-03-03 *Time Management Techniques* delves into the science of productivity, offering a psychologically informed approach to mastering your schedule. It emphasizes that effective time management isn't just about doing more, but about doing the right things, aligning actions with values for a fulfilling life. The book explores prioritization, using concepts like the Eisenhower Matrix and Pareto Analysis to focus efforts effectively. It also tackles attention management, detailing techniques such as mindfulness and time blocking to combat distractions and optimize cognitive focus. This book stands out by grounding its strategies in psychological principles, like self-determination theory, rather than superficial tips. Readers will understand why certain techniques work and how to adapt them. Addressing procrastination with cognitive behavioral therapy (CBT) techniques is also discussed. The book progresses from foundational concepts to specific techniques, culminating in a personalized time management system. It draws evidence from psychology, management science, and behavioral economics, offering practical exercises to empower readers in reclaiming control of their time, and reducing stress.

chrome extension to block distracting sites: The naked truth about working from home Scott Anderson, 2020-04-25 Should you dress for success when working from home? Nope. What a waste! Can you work from home and have a healthy work-life balance? Yes, in fact, your opportunity for a balanced life improves. Don't risk the wrong kind of viral internet fame. Avoid the pitfalls and learn how to optimize your WFH environment to boost your productivity. This book is for anyone who works from home, or is considering working from home. Primarily it's aimed at those of you for whom working from home is new, or daunting. However, even if you're a WFH veteran, I hope you'll find some new ideas to improve your current experience. This book is not about setting up a remote working company, and it's certainly not one of those "How to make \$1733 a week working from home" books. Rather it contains practical instructions for working from home productively, while keeping you out of trouble. After 17 years of working remotely, I've made plenty of mistakes and learnt how to overcome challenges to achieve great results, working with entirely remote teams. Chapter list Who this is for? WFH FTW - The benefits of working from home Pimp my home office - How to set up your home office Kicking goals - How to improve productivity Let it ring - Setting healthy work boundaries Smoke signals and carrier pigeons - How to communicate well in remote teams Avoiding cabin fever - How to achieve balance None of us is as smart as all of us - How to build strong teams Avoid WFH fails Square peg, square hole - The specifics on apps and hardware Like a boss - Tips for Managers Summing up About me

chrome extension to block distracting sites: Create a Life That Feels Like Magic: How to Design Your Dream Lifestyle with Purpose and Precision Silas Mary, 2025-02-25 Imagine waking up every day feeling energized, fulfilled, and excited about the life you've created. *Create a Life That Feels Like Magic* shows you how to design your dream lifestyle with purpose and precision. This book provides a step-by-step guide to creating a life you love, whether it's building a successful career, cultivating meaningful relationships, or achieving financial freedom. By learning how to align your passions, skills, and values with your goals, you'll create a roadmap that brings your ideal life into reality. With actionable strategies, inspiring stories, and practical exercises, you'll learn how to live a life that feels like magic—one that's full of joy, purpose, and abundance. It's time to stop

settling for a life of mediocrity and start living your best life, every single day.

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chrome extension to block distracting sites: Mesmerized and Adrift Bhut Nath Mahato, 2017-02-04 We live in a super-technological era and it's a blessing. It drives all of mankind forward into the future. But in many ways, as every coin has two sides, it's also a nuisance. Technology is making our lives easier in many ways, but we have also become quite dependent on it. It is changing the way we live, influencing the way we behave and altering the way we think. You can only imagine the implications it will have on our children. When I was a 6 year old child, the most sophisticated piece of technology used to be a black-and-white TV set in my hostel with manual knob to change the channels and adjust the brightness and volume. Unlike, nowadays, many 4 -5 year-old toddlers are able to put in a YouTube video they like on the laptop, making it full-screen and turning up the volume. And this is nothing compared to their proficiency in the smartphone arena. They can play games, take photos, show them to us and then take more. They can find their favorite songs, play them and then adjust the song progress cursor to the part of the song he especially likes. Well, he can also occasionally call someone from the contacts list and then hang up. All of this is amazing, but the thing is that smartphones are a modern pacifier. They can calm kids down and keep them quiet, but they can also be addictive.

chrome extension to block distracting sites: The Digital Classroom Ann S. Michaelson, 2020-12-29 The way students learn changes when they have access to digital tools. The Digital Classroom demonstrates that using technology to enhance students' learning is not dependent on a specific learning management system or software - it is about changing the pedagogy with the help of an arsenal of useful tools and methods. This practical book introduces easy to use methods to all teachers in digital classrooms with the intention to make it simple, accessible, and achievable for everyone. It is not only about the tools, and the how and why, but also about changing the pedagogy making the learning more relevant to the students. When you open the classroom to the rest of the world, the teacher becomes more important than ever. Topics in the book include: Technology and deeper learning Social media in the global classroom Building a personal learning network The flipped classroom and cooperative learning The use of iPads in primary and middle school Teaching

with videogames Special education Digital citizenship Digital tools can play a key role in making learning happen and what the teachers know about the use of technology is key. The Digital Classroom will be of great interest to teachers and trainee teachers who wish to develop their digital competency by using the book as part of their professional learning.

chrome extension to block distracting sites: Living with Adult ADHD Joe Erick Rivera, 2024-09-07 Living with Attention Deficit Hyperactivity Disorder (ADHD) as an adult can feel like navigating a complex maze without a map. But what if you could transform that maze into a path of opportunity and personal growth? In this groundbreaking book, you'll discover: How to leverage ADHD traits as strengths in your personal and professional life Effective techniques for improving focus, organization, and time management Strategies for building and maintaining healthy relationships Practical approaches to financial management tailored for the ADHD mind Tools for emotional regulation and stress management How to create an ADHD-friendly environment at work and home The latest insights on medication, therapy, and holistic treatment options Techniques for boosting self-esteem and cultivating a growth mindset Whether you're newly diagnosed, have been managing ADHD for years, or are a professional or loved one seeking to understand ADHD better, this book provides invaluable insights and actionable advice. Each chapter is filled with relatable examples, easy-to-implement strategies, and reflective exercises to help you apply the concepts to your unique situation. You'll find a balanced approach that acknowledges the challenges of ADHD while celebrating its potential advantages. Managing ADHD in Adulthood isn't about changing who you are—it's about embracing your neurodiversity and learning to thrive in a world that isn't always designed for the ADHD brain. It's time to stop merely surviving and start thriving. Master Your Time: Learn effective time management strategies tailored specifically for the ADHD brain, helping you boost productivity and reduce stress. Nurture Relationships: Discover techniques for building and maintaining successful personal and professional relationships while navigating the unique challenges of adult ADHD. Advance Your Career: Unlock your professional potential with career development tips designed to leverage your ADHD strengths and manage potential workplace challenges. Achieve Financial Stability: Gain control of your finances with practical planning techniques that work with, not against, your ADHD tendencies. Cultivate Inner Calm: Explore mindfulness and meditation practices adapted for ADHD, helping you improve focus, reduce anxiety, and better manage your symptoms. Boost Your Productivity: Implement powerful productivity hacks that turn your ADHD traits into advantages, enabling you to accomplish more with less stress Embark on your journey to success today. Your ADHD doesn't define you—it's a part of what makes you extraordinary. Let this book be your guide to unlocking your full potential and living your best life with ADHD.

chrome extension to block distracting sites: Productivity Flow States Jade Summers, 2024-11-06 ☐ Unlock Your Ultimate Productivity Flow ☐ In a world filled with constant distractions, achieving deep, uninterrupted focus can seem nearly impossible. Productivity Flow States is your essential guide to mastering the art of flow – that state of pure focus where time melts away, creativity soars, and productivity reaches new heights. Whether you're a professional, student, or creative, this book equips you with the insights and tools to dive into flow and achieve remarkable results in your work and life. ☐☐ Highlights include: ☐ Understanding Flow: Discover what it means to be in the zone and why it's a game-changer. ☐ Science-Backed Techniques: Explore the psychology and neuroscience that power flow states. ☐ Practical Tips for Everyday Flow: From setting clear goals to using time-blocking, learn strategies to integrate flow into daily routines. ☐ Boosting Resilience and Focus: Cultivate a growth mindset to overcome distractions and maintain focus. ☐ Maximizing Productivity Tools: Learn about essential apps and techniques that support your flow journey. Get ready to revolutionize your approach to productivity, creativity, and satisfaction. Embrace your potential and transform your work habits today!

chrome extension to block distracting sites: Efficient Learning Sreekumar V T, 2025-01-10 Efficient Learning: The Relaxed Guide to Exam Success for Students by Sreekumar V T is a practical and empowering guide for students who want to achieve academic success without the stress,

anxiety, and burnout that often accompany traditional study methods. Designed to help students master essential study skills and adopt a balanced approach to learning, this book is packed with strategies that make studying smarter—not harder—accessible to all. In this step-by-step guide, Sreekumar shares proven techniques for effective time management, active learning, and memory enhancement, along with practical advice on avoiding last-minute cramming, managing exam anxiety, and building confidence. Each chapter is dedicated to a different aspect of learning, including note-taking strategies, creating personalized study schedules, self-testing methods, and the vital role of rest and self-care in retaining information. Efficient Learning redefines academic success by focusing on sustainable study habits that promote not only high performance but also well-being and mental clarity. Whether you're preparing for high-stakes exams or just looking to improve your daily study routine, this book equips you with tools to build confidence, stay organized, and embrace a lifelong love for learning. Perfect for high school and university students alike, Efficient Learning is more than just a guide to passing exams—it's a roadmap to becoming a resilient, effective, and relaxed learner for life.

chrome extension to block distracting sites: *The Stop Doing List* Matt Malouf, 2017-06-19
Learn what not to do to grow your business The Stop Doing List gets you off the treadmill of unproductive, frenetic activity, and sets you on the path toward growth. Running a business has never been easy, but today's nonstop 24-7-365 world makes moving forward more difficult than ever before. Plenty of resources can show you how to make lists, create schedules and manage your time, but they all seem to expect your time to be 100 per cent devoted to work – not only is that no way to live, it's no way to grow. Instead, try doing less. This book shows you how to stop wasting energy on tasks that don't move you closer to your goals, so you can focus on the things that do. You'll identify your own Stop Doing list, and learn a systematic and practical way to eliminate, automate or delegate these tasks so they never end up on your To Do list again. You'll discover your personal path to business success, develop a winning mindset and forever change the way you run your company – and along the way, you'll gain the freedom, energy and time you need to take back your life. Author Matt Malouf has helped businesses around the globe – from \$20M+ corporations to start-ups – achieve their growth objectives. Now, he shares his proven strategies with you: it's not about doing more; it's about doing what matters. Find your inner genius and use it to grow your business Switch your mindset to one of success Attract, train and retain the people you need Make lasting changes to the way you think about your business If it seems like the more you do, the less you achieve, it's time to stop and breathe. Get smarter about growth and start developing The Stop Doing List.

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