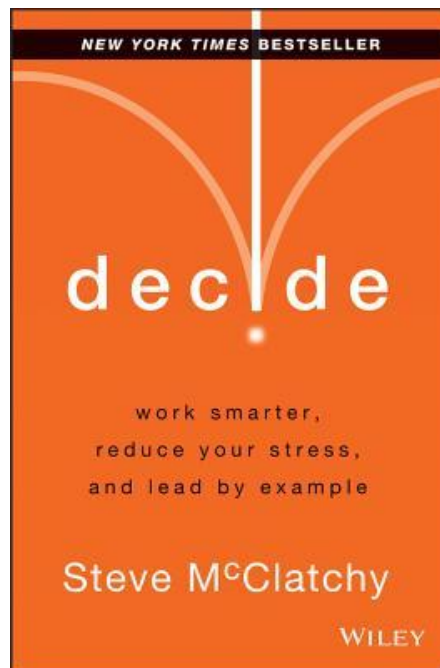




# Decide: Work Smarter, Reduce Your Stress and Lead by Example

*Steve McClatchy*

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# Decide: Work Smarter, Reduce Your Stress and Lead by Example

*Steve McClatchy*

## **Decide: Work Smarter, Reduce Your Stress and Lead by Example** Steve McClatchy

**How to make better decisions and achieve your goals** What shapes a person's career and life, and defines them as a leader? Their decisions. We all want to be more productive and deliver our best results. But doing this effectively--and consistently over time--is a significant challenge. Managing it all is hard, and leading in today's hyper-paced world is even harder.

The good news is that leadership expert Steve McClatchy makes it easier. In *Decide*, McClatchy--who works with Fortune 1000 people every day to help them achieve outstanding levels of performance--shows you how to cut through the complexities and excuses to start realizing real gains simply by changing one thing: the way you make decisions. With McClatchy's help, you can quickly begin to:

Use the time you have each day to move your business and your life forward  
Make decisions that yield better results  
Waste less time, reduce stress and regain balance  
Again and again, McClatchy has helped people learn for themselves how great decision-making habits yield a lifetime of accomplishments. Follow McClatchy's no-nonsense and practical approach, and you'll soon manage--and even lead--at your highest level of personal performance.

## **Decide: Work Smarter, Reduce Your Stress and Lead by Example Details**

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**Steve McClatchy**

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## From Reader Review Decide: Work Smarter, Reduce Your Stress and Lead by Example for online ebook

### Jeff says

Fantastic book with many great take-aways. The one that's stayed with me the most, though, is that you don't move ahead in your job or in life by just doing what you're expected to do really well. You move forward by doing the additional things—the "A tasks," as McClatchy calls them. For example, straight As alone don't get you into Harvard. Straight As and lots of extracurriculars might (along with inventing a cure for cancer, discovering a new mammal, and having a father who went there doesn't hurt, either). No one is expecting me to climb Kilimanjaro or monitoring my progress toward that goal, but unlike taking out the trash it's something that makes my life measurably different. Doing the things that aren't expected of you, that go beyond just doing the job well, are the things that fulfill you and move you forward personally and professionally.

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### Sonia says

Yes, there is repetition. But don't let this distract from the main message of the book, which is quite important. There must be more to life. And there is. If you let the drudgery of day-to-day life responsibilities takeover, they will. They always do. Using the suggestions in this book, you can build a slimmer of light in your day, which, with time, can become sunlight. But, you must consciously decide to do it. McClatchy gives you the tools and way forward needed.

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### Viewpoints Radio says

Does it ever seem like the more you try to get stuff done, the less you accomplish? It may be that you're expending too much energy on doing and not enough planning ahead of time. This week on Viewpoints, Steve McClatchy provides simple strategies you can use to make more of the time you have to get things done. Listen here: <https://viewpointsradio.wordpress.com...>

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### Naomi Young says

I'm fascinated by the negative and lukewarm reviews here that describe this book as "just common sense" and "the same as all the other time management books." While they are right to a certain extent, "common sense is not so common," to be sure. And what I like about this framing of the same basic principles is that his way of explaining them sticks with me.

What this book spells out more explicitly than others seem to is that there are many things we can't delegate or put off indefinitely, that are NOT part of my life goals except in the sense that they preserve access to food and shelter, \*\*but they are still important to do\*\*. Time management books that tell me to have my children or my executive assistant take care of these things, or hire someone else to do them, annoy me.

McClatchy understands that repetitive tasks like errands and laundry can eat up the whole day (and, if one is

not careful, they will). He explains the psychology of scheduled vs. unscheduled tasks, and gives tips on how to reserve time and complete activities that will bring growth and accomplishment (Gain) beyond the relief of dodging bullets (Prevent Pain).

As with any self-help book, I now have that honeymoon feeling that This One Will Make a Difference. Only time will tell -- but this time, the actions the author recommends seem possible for the person I am today, not the person I will someday become. We'll see.

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### Ryan says

Not really about the decision making process so much as time allocation and prioritization. All in all, McClatchy puts together a solid pragmatic approach to ensuring we make time for the rewarding things we “want to do” in life while avoiding getting avalanched by all the things we “have to do.” I also enjoyed his philosophical rumination on time.

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### Marissa says

This was a wonderful book. I had the pleasure of hearing Steve speak at an event and the book closely resembles the talk. A lot of good time management tips and eye openers.

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### Anatoly v01 says

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### Nathan says

I almost never give up on a book before finishing it, but I couldn't keep going on this one. I made it about halfway through. The book is one idea, dragged out over 190 pages. This one idea is something that anyone who has ever thought about productivity for more than half a second is already aware of. Here it is: motivation consists of carrots and sticks... and carrots work better. Gasp! He manages to drag this out into an entire book by adopting all of the worst self-help and motivational speaker tropes, and rehashing various object-level ideas that you've already heard a dozen times. There's a nice trend of self-help and pop science books becoming actually worth reading, and this book looked like it may have been part of that trend. It isn't.

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### **Matthew Trevithick says**

A few interesting points in here. Yes it's repetitive, you quickly get the idea that there are a handful of big ideas he's working to explain in several different ways. But they are useful.

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### **Katharine Rudzitis says**

If you have any common sense, don't bother! I can't think of one thing I learned from this book that would help me.

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### **Cari Borchert says**

This book basically puts a name or term to principles I already try to live by. But it is a great recommendation for those who feel they are victim to their "busy" schedule, indecision, or discontent.

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### **Chris Miller says**

I really enjoyed this book. I have read other productivity books which were more detailed in some areas, but I think this book did a better job of highlighting why I work so much but don't get enough of the "right" things done. I thought McClatchy's concepts of Preventing Pain and realizing Gain were right on the mark, and I have been doing too many Prevent Pain tasks. I would recommend this book to anyone who has been struggling with balancing their work and personal lives, or anyone that is constantly working hard at their job and not getting enough done or making progress in their career. I think McClatchy points out some things that can help put things in perspective and gives the reader some approaches that can help.

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### **Erin Fortune says**

Fantastic book with some great ideas on how to improve your time management and work smarter, and how to schedule in tasks that actually help you move forward instead of continuing to tread water. Definitely recommend to anyone!

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### **Jordan says**

Makes a few arguments about how to best use your time. As some reviews have pointed out, these aren't exactly ground-breaking insights, but maybe this book will be the impetus that gets the reader to finally put those "common sense" things into practice.

I found it super repetitive - I get the feeling the author had a few key points to make and then had to stretch those ideas to fill a book.

Some of the arguments were:

- \* you're probably prioritizing day-to-day, "have-to" tasks more than you should - try to prioritize progress on long-term goals more
  - \* positive reinforcement can be a better motivator than negative reinforcement, so spend more time pursuing those "positive" outcomes
  - \* manage your time using calendars and to do lists
- 

## **Teri Temme says**

Great time management tips and I am always glad to be reminded about Opportunity Costs!

I like his definition of Work/Life Balance - "Balance is a feeling you get when you are satisfied with where you are and where you are going in life."

Also: "Management is keeping things the way they are today. (maintenance). Leadership is moving things forward from where they are today. (Improvement)."

Fantastic distinctions.

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