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The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results, by Gary Keller and Jay Papasan (Book Summary)

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This is a book summary of *The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results* by Gary Keller and Jay Papasan.

Book description:

You want less.

You want fewer distractions and less on your plate. The daily barrage of emails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions - and lots of stress.

And you want more.

You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life and more time for yourself, your family, and your friends.

Now you can have both: less and more.

In *The One Thing*, you'll learn to:

- Cut through the clutter
- Achieve better results in less time
- Build momentum toward your goal
- Dial down the stress
- Overcome that overwhelmed feeling
- Revive your energy
- Stay on track
- Master what matters to you

The One Thing delivers extraordinary results in every area of your life - work, personal, family, and spiritual.

About the authors:

Gary Keller is chairman of the board and cofounder of Keller Williams Realty, Inc., which holds the number-one position as the largest real estate company in North America. His *New York Times* best-selling books have sold more than 1.3 million copies.

Jay Papasan, a former editor at HarperCollins Publishers in New York, coauthors Gary's books and is vice

president of publishing at Keller Williams.

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