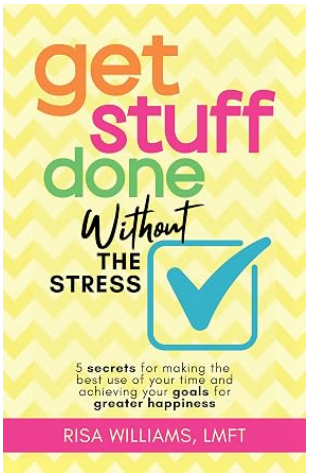


Get Stuff Done Without the Stress

5 Secrets for Making the Best Use of Your Time and Achieving Your Goals for Greater Happiness

by Risa Williams

★★★★★

Non-Fiction - Self Help

190 Pages

Reviewed on 12/24/2024

Book Review

Reviewed by Carol Thompson for Readers' Favorite

Get Stuff Done Without the Stress by Risa Williams is a refreshing and practical guide that redefines productivity by shifting the focus from “hustle culture” to a more compassionate, sustainable approach. With her experience as a psychotherapist and time management coach, Williams offers tools and techniques to assist readers in achieving their goals without compromising their mental and emotional well-being. The book is structured into manageable sections, offering actionable strategies to navigate common productivity pitfalls like overwhelm, procrastination, and burnout. Williams introduces unique methods such as the “Task Intensity Meter” and the “Small Steps Journal,” which help readers break down daunting tasks into achievable actions. Her emphasis on self-care and balance ensures readers stay grounded while making meaningful progress toward their goals.

Risa Williams encourages readers to adopt a “self-kindness mindset” rather than succumbing to the pressures of toxic productivity. Cognitive behavioral therapy techniques, mindfulness practices, and neuroscience back her insights. She emphasizes that rest and self-compassion are not indulgences but essential components of effective productivity. Williams’ writing is engaging and approachable, filled with examples and anecdotes that make the concepts accessible. She avoids overwhelming readers with overly complex systems, offering straightforward and adaptable tools that can be easily incorporated into daily life. This book stands out because it doesn’t just focus on checking items off a to-do list; it’s about fostering a healthier relationship with time and oneself. Readers are encouraged to celebrate their progress and redefine success on their own terms. Whether you are a busy professional, a student, or anyone seeking to improve how you manage your time, Get Stuff Done Without the Stress is valuable for achieving goals while maintaining balance and joy in the process.