

Simone Janson (ed.)

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Set priorities & perfect order, arrange properly, less is more, make the right decisions, master continuous stress & time traps with time management



ORGANIZE WELL LIVE MINIMALISM

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Organize well, Live minimalism

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Table of Contents

Imprint

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Minimalism: ownership does not make you happy // By Dirk Rauh

The Not-to-Do List: Away with the digital slave driver // By Martin Geiger

End dependencies, find your own work rhythm: 6 tips for real freedom // By Jörg Romstötter

Productivity and time management through tidying up: 10 tips for minimalism // By Simone Janson

Time planning and performance curves: Organize your daily routine // By Simone Janson

Time and eMailManagement - 3 Tips: Organizing communication better // By Simone Janson

Home Office vs. Office Communications: 9 Tips for Productive Collaboration // By Stefan Häseli

Organizing Productively: The 3 X 6 Best Tips for Structured Time Management // By Simone Janson

More money or better life? How to finance a trip around the world // By Simone Janson

Learn to organize and work properly during your studies: University time management // By Simone Janson

Organize more efficiently, live and work more easily: order and minimalism // By Simone Janson

Save more money: Financial minimalism and shopping // By Simone Janson

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

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Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®

[Appendix: Tips and Prompts for using the AI Extensions](#)

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because only minimalism and the right organization help to permanently combat extreme stress and excessive demands in everyday life. The constant enthusiasm for the Simplify-your-life movement and Marie Kondo with their KonMari method shows that this is more than just tidying up and sorting out: The essential aspect of keeping order is inner clarity and a focus on the essentials in an increasingly hectic time. This book gives tips and instructions for self-organization and time management and shows how you can successfully overcome stress with the right organization and thus gain quality of life.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks

Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in

our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

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Experience Success and Inspiration: Discover your Way and support Sustainability

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Minimalism: ownership does not make you happy

// By Dirk Rauh

Some people want a lot, some people are less able. In addition, many things that make you wealthy are not for sale. And as everyone knows, the last shirt has no pockets.

How important is ownership?

Some possessions are necessary and / or make life easier: a roof over their heads, food, clothing, savings. Some properties are pure luxury: an expensive handbag, a sporty sports car, a holiday home by the sea with a smart yacht.

In between, there are many gradations. What some consider necessary for life is unimaginable luxury in other regions of the world. For many, ownership means power and success. Clothes make people - possessions too.

How prosperous are you?

Are you in the mood for an experiment? Then take pen and paper and answer the following questions:

- Estimate how many items you have.
- Which 20 things do you need daily? What did they cost?
- Which 5 things do you need only once a month? What did these cost?
- Which 5 things do you need only once a year? What did these cost?
- What 5 things do you really depend on? For what reason?
- What 5 possessions do you care most about and are afraid of losing them?
- What possessions do you satisfy, make you content?
- What do you estimate: what percentage of your property could you do without?

What does your feeling say

In a further step, simply ask yourself the following questions:

- How are you when you consciously deal with the things you surround yourself with that you need?
- Do you feel feelings of want because you do not have some things?
- Does it motivate you to muck out?
- Do you remember some of these things from past times?
- Does it stress you when you think about moving with all these things?

When does ownership make you happy?

There are interesting studies on ownership. It makes you happy to deal with things that you don't have yet but would like to own soon. Anticipation and buying trigger the “kick”, less ownership in and of itself.

Maybe you too will like many: The joy of ownership usually disappears after a few months. Also, ownership only seems to make happy to a degree.

Like Hans in luck

Those who have about twice as much as the population average feel happier than the average. With more possession falls the happiness curve again: Super rich are not automatically super-happy.

And some biographies, studies show, attest to the fairy tale about “Hans im Glück”. Only when you are no longer attached to your possessions do you feel free.

How decommissioning improves the quality of life

Dei is not just about tidying up: it's about illusions, supposed guarantees, insights, life here and now - and again and again about quality of life and self-responsibility.

Always be aware: your thoughts and feelings also affect your physical condition. And at the same time, your physical condition influences your thoughts!

Power free?

Like the billionaire who has given away everything from his own free will, and now feels happier and more free in his only 25 square meter mountain hut than with glider, luxury villa and great fortune. Matching words: *"Wealthy is the one who can do what he wants."*

Pure table with the possession

Could it be that you, too, have amassed “garbage” that prevents you from feeling happier and freer? Could it be that more quality with less quantity could make your life easier?

It is exciting to look beyond our cultural horizon: How much does a person really need to be happy and satisfied? The time of “cleaning up” begins. Now! "Take out the trash!" can make life easier, reduce complexity and stress.

Less or more?

By the way: According to a study by the Gesellschaft für Konsumforschung, the consumer confidence index of the Germans is at a record high!