



The Book for People Who Do Too Much

Bradley Trevor Greive

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New York Times best-selling author Bradley Trevor Greive, creator of the modern classic *The Blue Day Book*, is now a household name in more than 30 countries.

Hard work never killed anybody. This conviction built our great nation and made it the star-spangled superpower that it is. But Bradley Trevor Greive (BTG) wants us to know when enough's enough! Funny and perceptive, *The Book for People Who Do Too Much* reminds us that, in fact, hard work *has* killed a whole bunch of people. It has also caused premature aging, unsightly baldness, and explosive indigestion and is responsible for a lot of very questionable fashion statements.

Too many people drive themselves beyond reasonable limits to do more, have more, and be more. BTG points out that ironically, they actually end up with a lot less. "It's like climbing mountain after mountain and never taking the time to look at the view," he says.

With his trademark combination of engaging animal photos, gentle humor, and priceless insights, BTG urges us to have the courage to say *No*, and to learn to use this liberating two-letter word in a way that is amusing and empowering, but never offensive. Saying no can sound selfish, but by saving time to enjoy our lives and pursue our true passions, we'll ultimately have a lot more of ourselves to share with those who are most special to us.

The Book for People Who Do Too Much Details

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Author : Bradley Trevor Greive

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From Reader Review The Book for People Who Do Too Much for online ebook

Nancye says

I read this today because I needed to feel close to the friend who gave me this book as a gift years ago. And as she said, we both do this all the time... a little reminder.

Wayward Child says

Funny and charming.

Gerry says

The title could apply to many of us and Bradley Trevor Grieve's amusing photographic book demonstrates, in animal terms, what could happen if this is the case.

Many great images of animals in unusual situations with perceptive captions that strike a cord for those who do do too much.

Sarahanne says

The stars are for the photos. They made me laugh.

The text was... I dunno... 1970's motivational posters? 1994 forwarded emails from that one friend of your mothers?

Just...glurg.

Elizabeth says

When I was an undergrad, this book was making the rounds on campus, being passed from student to student as a much-needed relief from the general chaos of college life.

I never read it. I was too busy. :P

Well, adult-me has finally caught up with college-me, and I can say that this book was definitely worth the wait. Well-crafted, whimsical, and above all, cute, this book provides a quiet space to pause and take a deep breath. A gentle reminder that while working hard is good, resting every now and then is imperative.

Cathryn Wellner says

Funny and sweet, the book follows Greive's successful formula for inspirational gift books. The animal photos are endearing and often funny. The advice is reasonable. If you or a friend is having trouble exercising the word "NO", this could be a gentle nudge.

Sonja says

Slow down and enjoy your life!

Janelle says

I love this book! If you're busy, read it before you burn out, or as this book puts it, your head explodes.

Jenny says

Den här boken har jag läst ett antal gånger och jag får ett stort leende på läpparna och ett lugn i kroppen varje gång jag läser den. En må bra-bok som jag ställer i personalrummet för lite avkoppling och underhållning. Underbara foton som är matchade till kloka råd.

Hannah says

I loved this book as a child but at the time I probably appreciated the cute animal pictures rather than the word-content

Hollis says

I read this whilst I was doing a five-hour stint of volunteer work behind the till in an Oxfam book shop. One of those rainy days when you wish you could relieve the spine-crushing boredom by chatting to a pretty girl about Neil Gaiman and Jane Austen. But no, not a single one. And you can guarantee at some point the shop will be entirely empty except for a middle-aged guy who will not go away and keeps going on and on about Solzhenitsyn and Dostoevsky and the Contemporary American Novel and the ghastly poetry group he runs with Daphne and Fey until you want to lean over the counter and say right into his face "Here's an idea for you, pal: I don't remotely give a shit".

Where was I? The book: I grabbed from behind me and found it a fun read with a good message as well. Worth flicking through if you have a moment.

Debbie Robson says

Yes, I try and do too much a lot of the time but I seriously hope I don't look like some of the animals in the book! You can only pause in awe and wonder, Where does he get all the incredible photos? Another fun read from Greive.

Eduardo says

Las fotos no me permiten quitarle más estrellas.
La parte escrita viene y va por caminos completamente distintos que confunden la reflexión.
Al menos se pueden apreciar las imágenes y quedarte con alguna línea.

Sarah Goode says

What an awful book! Really made me stressed out. The particular phrase which pushed my over the edge was

“personal lives may appear fine to onlookers but they suffer badly/ What once were fulfilling relationships become artificial routines. real Passion fled the scene long ag. It's such a shame”

Urgh.

It wasn't bookcrossing book, I'd be tempted to burn it.

Sonya says

Surprisingly insightful (and blunt) for what seems a silly little picture book. A 5 or 10-minute read -- and that's about right for "people who do too much." Take-home message: Doing too much *can* hurt you.
