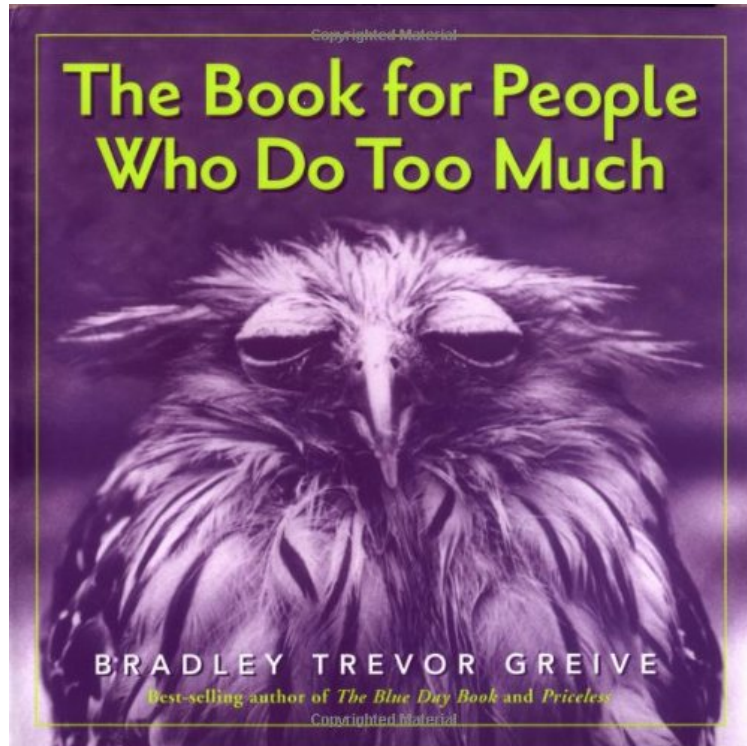


(Free and download) The Book For People Who Do Too Much

The Book For People Who Do Too Much

Bradley Trevor Greive

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Bradley Trevor Greive : The Book For People Who Do Too Much before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Book For People Who Do Too Much:

1 of 1 people found the following review helpful. Much needed therapy for a recovering overachiever
By Monae Miller
I first saw this book as a random book placed on a doctor's office table for light reading and immediately fell in love with the title alone. I am one of those people who just do too much. I am a giver and it is hard to say "no" most of the times. In a light and funny way I kind of received the therapy I needed to start thinking of myself for a change and not doing the things I do not want to do. The author of this book definitely knew what he was talking about and I feel better knowing that I am not alone in always doing too much.
1 of 1 people found the following review helpful. The Best Medicine
By Pattimac
A wonderful friend gave me this book a few years ago. It is priceless. I get it out every now and then and LAUGH all over again, especially at page 39! I have sent this book to two other friends who I felt needed it. For nature lovers, animal lovers, people lovers -- this little book is a special treat.
1 of 1 people found the following review helpful. Great meaning
By Rockstar Betty
I bought this as a gift for a good friend who always takes on too much and this didn't disappoint. The pictures are cute, as always and the message had enough of a takeaway that it summed up things I had wanted to say. If you know someone this applies to, this is totally worth the buy.

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.

About the Author? Since the debut of his international bestseller *The Blue Day Book*, Bradley Trevor Greive has become a household name in more than 115 countries. A former Australian paratrooper, BTG left the army to pursue more creative misadventures. He has been bitten by wild monkeys and rabid bats and was accepted into Russia's cosmonaut training program--though those incidents were, by and large, unrelated. BTG spends most of his time in a tiny Tasmanian hamlet.