

FEEL GOOD PRODUCTIVITY: HOW TO DO MORE OF WHAT MATTERS TO YOU

Ali Abdaal (Cornerstone Press)

From medical doctor to the world's most-followed productivity expert (and with over five million subscribers on YouTube who are we to quibble), Ali Abdaal charts his exploration into experimenting with what helps you get things done.

His basic thesis is that 'positive emotions are the fuel that drives the engine of human flourishing' (p.8). So, simply being given advice on how to be more efficient or effective is not enough. We need to tap into positive emotions to find the fuel to engage with what needs to be done. He takes a largely research based approach drawing on numerous studies around the world.

The three parts of the book cover:

- **Energise** He suggests play, agency and people all bring the necessary energy to our lives that we need to feel good about doing stuff.
- **Unblock** Here he identifies the three main things that hold us back from getting things done – uncertainty, fear, and inertia. There are some helpful chapters on that perennial challenge for many of us, procrastination.
- **Sustain** He explores three types of burnout: overexertion, depletion, and misalignment.

Full of practical ideas, Abdaal recognises there is no one way to 'feel good productivity'. Instead, he encourages the reader to experiment with a wide range of suggestions he offers until you find what works for you.

In the world of productivity books, I found this one of the most fun, helpful and creative explorations on the topic. Now I've just got to try out some of the experiments!

PS: Take a look at Abdaal's [YouTube channel](#) for some really excellent videos.

Review by James Lawrence, CPAS Leadership Champion

