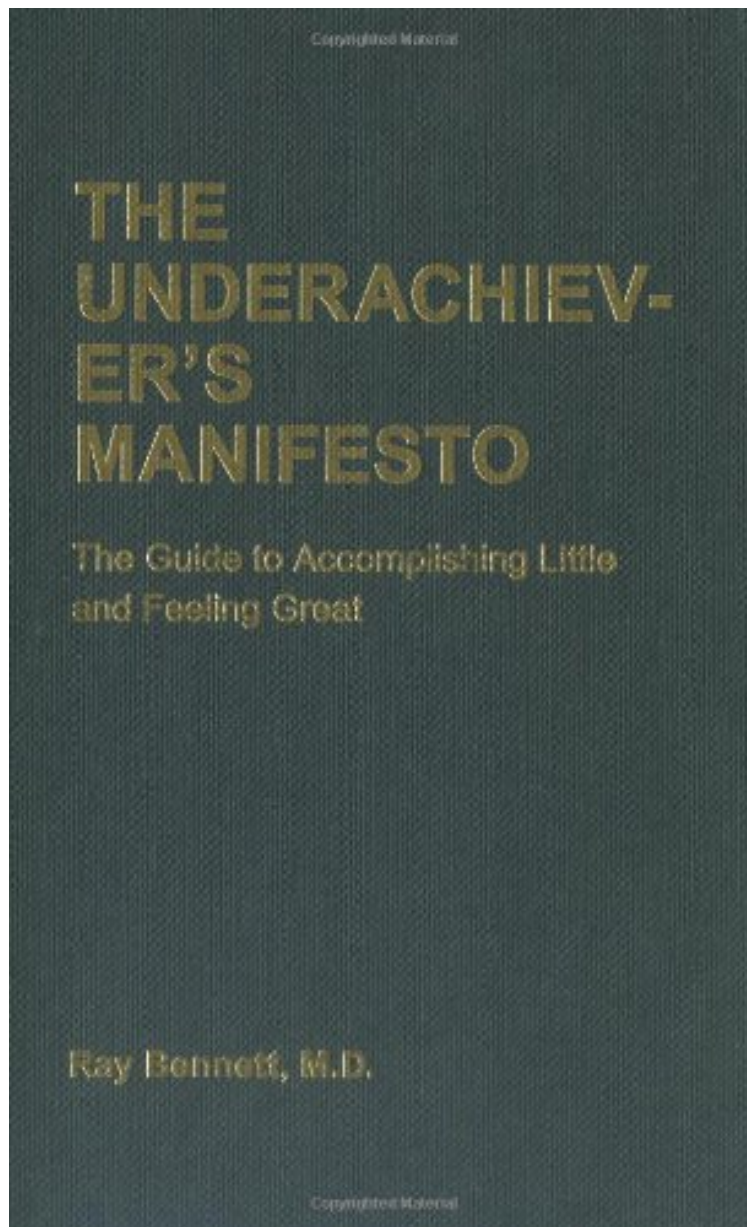


(Download free ebook) The Underachiever's Manifesto: The Guide to Accomplishing Little and Feeling Great

The Underachiever's Manifesto: The Guide to Accomplishing Little and Feeling Great

Ray Bennett

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Ray Bennett : The Underachiever's Manifesto: The Guide to Accomplishing Little and Feeling Great before purchasing it in order to gage whether or not it would be worth my time, and all praised The Underachiever's

Manifesto: The Guide to Accomplishing Little and Feeling Great:

2 of 2 people found the following review helpful. I wish everyone could feel this laidback about constantly striving for more success
By diann dunkley
after reading this book I realized that I didn't have to get my poetry published to love my poems. I get to send them to people who enjoy them and go to coffee houses and do the open mike thing. I'm exploring the idea of going back to work after having been disabled for quite awhile. I was a department secretary and later an office manager. Whoo the stress. I have decided to reenter the business world as an office clerk. I don't have to worry about where I work because even though I might lose my social security check for a couple years, I'll keep my retirement check and great state insurance. it will even be more money than I had as an office manager who constantly was supposed to make miracles happen. I sure am glad I'm not the great deity. anyway the book was good medicine.
thanx
6 of 6 people found the following review helpful. Laugh your way to sanity
By Joyce Bennett, a medical doctor, also has a penchant for humor. He elicits genuine wisdom as he pokes fun at probably most Americans and our go-go overachiever attitude. He promotes living life to the least and loving it. In this small short book you laugh your way through the ten principles of underachievement and the practical applications of these principles in work, love, diet, exercise, investment and more. It is a laugh-out-loud treatment of a truly serious issue. Probably the best cure for our insane drive to be best, fastest, first, etc. is to see how utterly ridiculous it is and laugh heartily.
1 of 1 people found the following review helpful. Good reminders to help you through your day
By Josephine Dixie
I really enjoyed this book, after I was done with it I even gave it to my old boyfriend as a gift (it is very small and easy to read, only thirty minutes). It had a lot of Zen qualities to it that I think most people would appreciate.
Here are the 10 principles of underachievement:
1) Life's too short
2) Control is an illusion
3) Expectations lead to misery
4) Great expectations lead to great misery
5) Achievement creates expectations
6) The law of diminishing returns applies everywhere
7) Perfect is the enemy of good
8) The tallest blade of grass is sure to be cut
9) Accomplishment is in the eye of the beholder
10) The 4-per-cent value added principle (or.. being alive is your greatest achievement)
Try to find it online or at your library if you can, otherwise buy it and pass it on to a friend.

Lower the bar. Turn it down a notch. Get off the Stairmaster. The Underachiever's Manifesto is the playfully persuasive pocket guide to living life to the least and loving it. With sharp humor and genuine wisdom, this welcome little book extols the fabulous benefits of underachievement in our overextended society. A witty introduction makes the case for the right amount of effort a lot less than we've been led to believe. Ten principles of underachievement establish the basics (#8: The tallest blade of grass is the surest to be cut); and practical applications show how mediocrity is the key to happiness at work, in relationships, dieting, exercise, investment, and more. Devilishly enlisting examples from philosophy, economics, science, and good common sense, The Underachiever's Manifesto is a lighthearted, life-changing rallying call for those who dare to do less and enjoy more.

About the Author
Ray Bennett is a medical specialist in the Seattle area who is still guilty of overachievement in treating his patients. This is his first book.