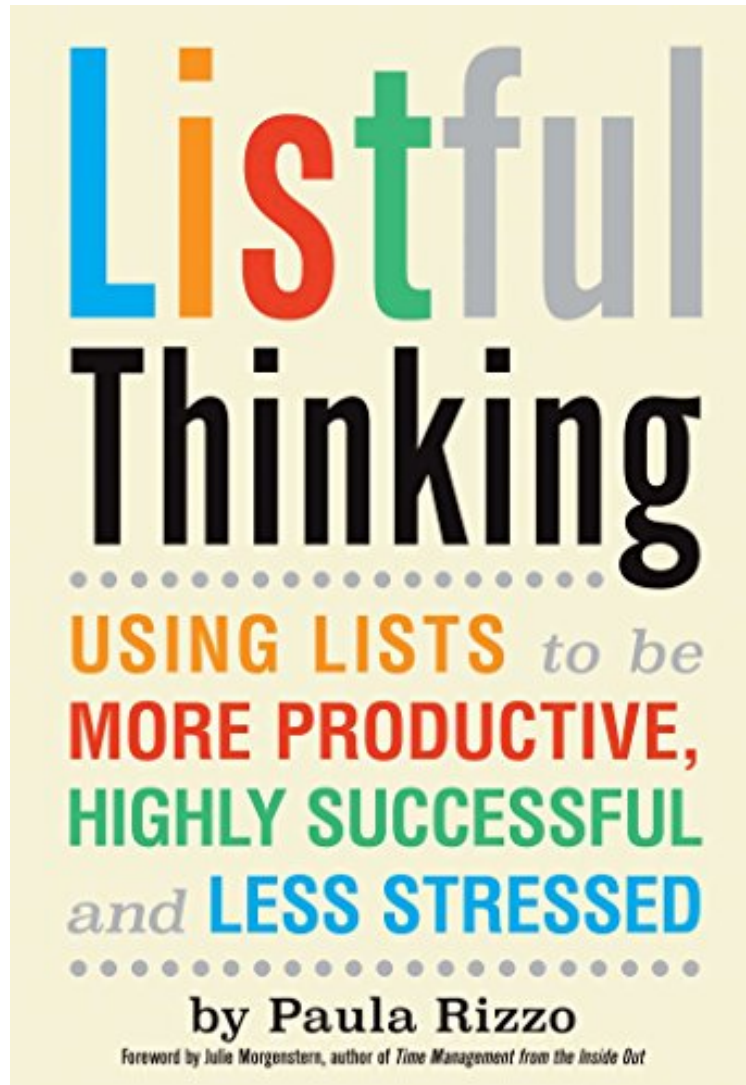


## Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed

*Julie Morgenstern Paula Rizzo*  
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**Julie Morgenstern Paula Rizzo : Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed:

132 of 141 people found the following review helpful. Simplistic and Trite By Elisabeth Forrest I found this book to be quite useless. The author natters on about how great it is to make lists and gives dozens of examples of things she makes lists of such as grocery lists (duh), gift lists, packing lists, etc. She also makes lists things seem quite silly such as things to say to a celebrity - should you ever run across one who actually wanted to be chatted up by a stranger, or a

list of things to say to make people smile. If I spent all the time she does making lists I'd never have the time to actually accomplish anything. Much of the book has nothing to do with lists and is a re-hashing of organizing tips and tricks that anyone interested in time management had already heard a hundred times. The main message seemed to be, "if you have something you need to remember to do, write it down." I think I could figure that one out for myself. It also seems to me that the author misses the boat on the most effective use of lists which is a standing checklist for anything you have to do more than once. While she alludes to it and has a couple of samples, most of her examples are of one time lists. I also thought it curious that the author's most comprehensive checklist for a repeatable activity was for a destination wedding. Just how many times would one have to plan a destination wedding for themselves? Bottom line is that I found this book to be like so many of the "blog-to-book-deal" genre; light on substance, obnoxiously chatty in style, and completely lacking in originality.

0 of 0 people found the following review helpful. Mostly good but thought there was going to be more.

By Sara Woodard I was very excited to read this book. I've been a list maker most of my life and I thought this book would help me get better at List making. It did help confirm that I'm creating good lists and I have a good system already. But there were a couple sections in the book related to areas that I wanted to improve on but the author only hinted at them and didn't expand on at all. So I was disappointed in that regard. It's a good starting book for someone interested in upping their list making game. But some key ideas lacked expansion.

1 of 1 people found the following review helpful. A very helpful book for those wishing to be more ...

By KMcDonaugh A very helpful book for those wishing to be more organized, give up procrastinating and make life easier for yourself.

What do Madonna, Martha Stewart, John Lennon, Ellen DeGeneres, Ben Franklin, Ronald Reagan, Leonardo da Vinci, Thomas Edison, and Johnny Cash have in common? Each is (or was) a list maker. These successful people, along with CEOs and successful entrepreneurs, all use lists to keep track of their ideas, thoughts, and tasks. Finding enough hours in the day to get everything accomplished and allow for some downtime can be a struggle. It's no wonder so many of us are stressed, overextended, and exhausted. More than half of all American employees feel overwhelmed, according to a study by the nonprofit Family and Work Institute. For the 54 percent of us who feel like we're chasing our own tails, *Listful Thinking* is here to prove that it doesn't have to be that way. You can still find time to relax, read a good book, and do the things you love. *Listful Thinking* is the book that will give readers their lives back with indispensable tips on saving time, getting organized, improving productivity, saving money, and reducing stress.

"Rizzo, a TV producer, explains that she's a glazomaniac—a person who is obsessed with making lists. Her book describes various types of lists that can help you to get organized, how to make efficient lists, and how such rosters can change your life. Mainly, she says, it's important to list everything you have to do, no matter how small. That way it's not swimming around in your head anymore and you can have a sense of accomplishment as there will be lots of things crossed off quickly. I must say, it's working for me." - Henrietta Verma, Editor, *LJ's* "A positive change maker!" Tara Stiles, author of *Yoga Cures* "I was pretty positive this book was going to fit right in with my compulsive need for organization and cleanliness. Oh, was I right." - Sarah, *Return to Sender, Letters to the World* "Until I met Paula, I thought of myself as an effective, gets-things-done woman. But compared to Paula, it seemed I was only average. Paula is sparkling, clear, energized, and focused. She's the kind of person you want in your neighborhood because she'll always know which official to call about what problem, and she'll probably have already solved the problem before you've even gone to her door to seek her counsel." - Alisa Bowman, *Project Happily Ever After* "If you are a mom, this is a great book for you. If you are a student, you will get many great organizational tips from *Listful Thinking* that will help your grades, your study habits, and even get you a few extra hours of sleep." - Erika Katz, *Bonding Over Beauty* "With my penchant for listmaking, it seems I've found a kindred spirit in Paula Rizzo, the founder of *ListProducer.com* and author of the new book *Listful Thinking: Using Lists to be More Productive, Highly Successful, and Less Stressed*." - Margarita Tartakovsky, M.S., *Psych Central* "Building and maintaining an 'external brain' for navigating our world is critical for a sustainable lifestyle. Paula Rizzo has written a fun and useful manifesto for off-loading the job of remembering and reminding, to free up your head's bandwidth to be focused on more meaningful stuff." —David Allen International Best-Selling Author, *Getting Things Done: the Art of Stress-Free Productivity* "This book is a perfect for anyone who's familiar with the stress of rushing to complete things at the last minute, or becoming overwhelmed by tasks both large and small. It takes you through the practical skills of how to create lists to make life simpler no matter what you're dealing with, so if you're starting a new project or just managing the chaos of day to day life, this book will be a life saver." —Phil Parker, Expert in the Psychology of Happiness, *Health Genius*, Author of *Get The Life You Love NOW* "There's something so gratifying about writing out a list and scratching tasks off. *Listful Thinking* incorporates list making at work, home and play so you can be less overwhelmed and enjoy your life." —Julie Morgenstern, Productivity Expert and NY Times Bestselling Author of *Time Management From the Inside Out* "Those of us who love making lists have been waiting for a terrific book like *Listful Thinking* to feed our obsession. It's practical, funny, and thought-provoking, and will inspire readers to use list-making themselves—both to get more done and have more

fun."—Gretchen Rubin, author of the #1 New York Times and international bestseller *The Happiness Project*"Paula Rizzo offers the antidote to the "busier than thou society" with thoughtful practical advice on how to make to do lists truly work. Her straightforward and practical approach is helpful in moving us toward managing our tasks rather than our anxiety about managing our tasks. A must have for the list maker in all of us."—Mary Carlomagno, Author, Organizer, Speaker and Owner of [orderperiod.com](http://orderperiod.com)"There aren't 25 hours in the day, but there is Listful Thinking. I wouldn't be where I am today without my 'lists'! Optimizing time is critical to success... as a professional, a parent, and a partner. Paula's approach is like a modern checklist for getting the right things done. Her lists help to calm the frenzy and focus our energy on what's really important. You need this book!"—Ali Brown, Entrepreneur, Mentor, [AliBrown.com](http://AliBrown.com)"Making lists has turned my life around. As a fan of Paula Rizzo's blog List Producer, I will be using her Listful Thinking as a daily routine to getting things done!"—Reeda Joseph, author of *Girlfriends Are Lifesavers*