


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


By Julie Morgenstern Paula Rizzo



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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.

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Editorial Review

Review

"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 Reviews*

"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 an 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

"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

"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*

From the Back Cover

The One Secret of Highly Successful People: List Making

What do Sir Richard Branson, Martha Stewart, Sheryl Sandberg, Ellen DeGeneres and Madonna have in common? Each is a list maker and history shows us that change creators make their to-do lists and check them often. A recent survey by the career website LinkedIn.com found that 63% of all professionals frequently create to-do lists.

If you're part of the 37% and feel like you're chasing your own tail, author Paula Rizzo (ListProducer.com), a top national TV producer, delivers the solution. You can still find time to relax, read a good book, enjoy your hobby and do the things you love. *Listful Thinking* shares secrets, time-saving tips and the fine art of getting it done.

Learn how to:

- Save time
- Be more organized
- Become more productive
- Save money
- Reduce stress

About the Author

Broadcast journalist Paula Rizzo is the senior health producer for Fox News Channel in New York City and founder of ListProducer.com. An Emmy Award winner, she attributes much of her success to her compulsive

list making. The author of the ebook "10 Lists Every Mom Needs," she lives and works in New York City.

Users Review

From reader reviews:

Katie Phillips:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their spare time to take a stroll, shopping, or went to the particular Mall. How about open as well as read a book allowed Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed? Maybe it is to get best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have various other opinion?

Veronica McFadden:

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Jose Enriquez:

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